

# December Wellness 2022

\*Programs are subject to change

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|--|--|---|---|
|    |  |                   | <p style="text-align: right;"><b>1</b></p> <p>10:00 LINE DANCING<br/>11:30 CHAIR YOGA<br/>2:30 DANCERCISE</p> | <p style="text-align: right;"><b>2</b></p> <p>10:00 ZUMBA<br/>2:30 NOW &amp; ZEN, Aud. 2</p>                      |
| <p style="text-align: right;"><b>5</b></p> <p>11:00 BODY SCULPTING</p>   | <p style="text-align: right;"><b>6</b></p> <p>10 :00 BOLLYX<br/>12:30 SWEATIN TO THE OLDIES</p>  | <p style="text-align: right;"><b>7</b></p> <p>10:30 BODY SCULPTING<br/>1:30 BADMINTON</p>            | <p style="text-align: right;"><b>8</b></p> <p>11:30 CHAIR YOGA<br/>2:30 DANCERCISE</p>                        | <p style="text-align: right;"><b>9</b></p> <p>10:00 ZUMBA<br/>2:30 NOW &amp; ZEN, Aud. 2</p>                      |
| <p style="text-align: right;"><b>12</b></p> <p>11:00 BODY SCULPTING</p>  | <p style="text-align: right;"><b>13</b></p> <p>10 :00 BOLLYX<br/>12:30 SWEATIN TO THE OLDIES</p> | <p style="text-align: right;"><b>14</b></p> <p>10:30 BODY SCULPTING<br/>1:30 BADMINTON</p>           | <p style="text-align: right;"><b>15</b></p> <p>11:30 CHAIR YOGA<br/>2:30 DANCERCISE</p>                       | <p style="text-align: right;"><b>16</b></p> <p>10:00 ZUMBA<br/>2:30 NOW &amp; ZEN, Aud. 2</p>                     |
| <p style="text-align: right;"><b>19</b></p> <p>11:00 <b>NO</b> BODY SCULPTING</p>  | <p style="text-align: right;"><b>20</b></p> <p>12:30 <b>NO</b> SWEATIN TO THE OLDIES</p>         | <p style="text-align: right;"><b>21</b></p> <p>10:30 <b>NO</b> BODY SCULPTING<br/>1:30 BADMINTON</p> | <p style="text-align: right;"><b>22</b></p> <p>11:30 <b>NO</b> CHAIR YOGA<br/>2:30 DANCERCISE</p>             | <p style="text-align: right;"><b>23</b></p> <p>10:00 <b>NO</b> ZUMBA<br/>2:30 <b>NO</b> NOW &amp; ZEN, Aud. 2</p> |
| <p style="text-align: right;"><b>26</b></p> <p><b>Senior Center Closed</b></p>  | <p style="text-align: right;"><b>27</b></p> <p>12:30 <b>NO</b> SWEATIN TO THE OLDIES</p>         | <p style="text-align: right;"><b>28</b></p> <p>10:30 <b>NO</b> BODY SCULPTING<br/>1:30 BADMINTON</p> | <p style="text-align: right;"><b>29</b></p> <p>11:30 <b>NO</b> CHAIR YOGA<br/>2:30 DANCERCISE</p>             | <p style="text-align: right;"><b>30</b></p> <p>10:00 <b>NO</b> ZUMBA<br/>2:30 <b>NO</b> NOW &amp; ZEN, Aud. 2</p> |