

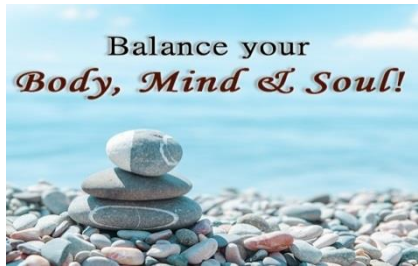















December 2017 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Active Adults Get Results Join A Class Today!!</p>		<p>8:30-4:15 GYM OPEN 8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA</p> 
<p>8:30-4:15 GYM OPEN 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 10:00-12:00-PERSONAL TRAINING, Weight Rm 11:15 \$ SITTERSIZE 12:30 BODY GYM CLASS 12:30 PHC LECT.- MEDICAL WASTE DISPOSAL 1:30 – 4:15 PING PONG 1:45 \$ B.E.S.T</p> <p>4</p> 	<p>8:30-4:15 GYM OPEN 8:30-4:30 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE FITNESS 1:30 \$ TAP DANCE 2:45-4:15 BADMINTON</p> <p>5</p>	<p>8:30-4:15 GYM OPEN 9:15 \$ VIDEO FITNESS 10:30 NOW & ZEN 10:30 PHC CLASS- CPR ADULT / CHILD 11:15 \$ SITTERCIZE 12:30 \$ SCULPTING W/ WEIGHTS 12:30-4:15 PING PONG 1:45-4:15 BADMINTON</p> 	<p>8:30-4:15 GYM OPEN 8:30 – 10:00 PING PONG 10:30 \$ YOGA 12:00-4:15 PING PONG 1:45 \$ GET FIT</p> 	<p>8:30-4:15 GYM OPEN 8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA</p> <p>8</p>
<p>8:30-4:15 GYM OPEN 8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 BODY GYM CLASS 1:45 \$ B.E.S.T</p> <p>11</p> 	<p>8:30-4:15 GYM OPEN 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE FITNESS 12:30-4:15 PING PONG 1:30 \$ TAP DANCE 2:45-4:15 BADMINTON</p> <p>12</p> 	<p>8:30-4:15 GYM OPEN 8:30-4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NOW & ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45-4:15 BADMINTON</p> 	<p>8:30 – 4:15 GYM OPEN 10:30 \$ YOGA 10:45 PHC LECT.- DIABETES & NUTRITION 12:30-4:15 PING PONG 1:45 \$ GET FIT</p> <p>14</p>	<p>8:30-4:15 GYM OPEN 8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:15 \$ YOGASIZE 1:15 \$ ZUMBA</p> 
<p>8:30-4:15 GYM OPEN 8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 11:30-1:30-PERSONAL TRAINING, Weight Rm 12:30 BODY GYM CLASS 1:45 \$ NO B.E.S.T</p> <p>18</p> 	<p>8:30-4:15 GYM OPEN 9:15 \$ PILATES 10:00-12:00 PHC-BLOOD PRESSURE CHECK 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE FITNESS 12:30-4:15 PING PONG 1:30 \$ TAP DANCE 1:45-4:15 BADMINTON</p> <p>19</p>	<p>8:3-4:15 GYM OPEN 8:30-4:15 PING PONG 9:15 \$ VIDEO FITNESS 10:15 VIDEO FITNESS 10:30 NO NOW & ZEN 12:30 \$ NO SCULPTING W/ WEIGHTS 1:45-4:15 BADMINTON</p> <p>20</p>	<p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 10:30 \$ NO YOGA 1:45 \$ NO GET FIT</p> 	<p>8:30-4:15 GYM OPEN 8:30-4:15 PING PONG 9:15 \$ VIDEO FITNESS 10:15 \$ VIDEO FITNESS 11:15 \$ NO SITTERCIZE 12:15 \$ NO YOGASIZE 1:15 \$ NO ZUMBA</p> <p>22</p>
  <p>25</p>	<p>8:30-4:15 GYM OPEN 8:30-4:30 PING PONG 9:15 \$ NO PILATES 10:30 \$ NO CHAIR YOGA 12:30 \$ NO AGELESS GRACE FITNESS 1:30 \$ NO TAP DANCE 2:45-4:15 BADMINTON</p>  <p>26</p>	<p>NO LIVE FITNESS</p> <p>8:3-4:15 GYM OPEN 8:30-4:15 PING PONG 9:15 VIDEO FITNESS 10:15 VIDEO FITNESS 10:30 NO NOW & ZEN 12:30 NO SCULPTING W/ WEIGHTS 1:45-4:15 BADMINTON</p> <p>27</p>	<p>8:30-4:15 GYM OPEN 8:30-4:15 – PING PONG 10:30 \$ NO YOGA 1:45 \$ NO GET FIT</p> <p>28</p>	<p>8:30-4:15 GYM OPEN 8:30-4:15 PING PONG 9:15 \$ VIDEO FITNESS 10:15 \$ VIDEO FITNESS 11:15 \$ NO SITTERSIZE 12:15 \$ NO YOGASIZE 1:15 \$ NO ZUMBA</p> <p>29</p>

10:45 PHC LECT.- NUTRITION/TRADITION
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