





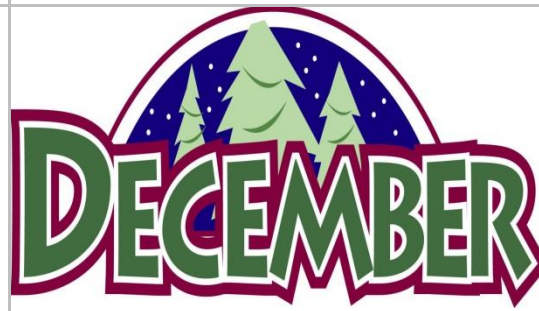



# December 2018 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:15 \$ ADVANCED FITNESS <b>3</b></p> <p>10:15 \$ INTER/BEG FITNESS</p> <p><b>10:00-12:00-PERSONAL TRAINING, Weight Rm</b></p> <p>11:15 \$ SITTERSIZE</p> <p>12:30 BODY GYM</p> <p><b>12:30 PHC LECTURE- THE POLST FORM</b></p> <p>1:30 – 4:15 PING PONG</p> <p>1:45 \$ B.E.S.T</p>	<p>8:30–4:30 PING PONG <b>4</b></p> <p>9:15 \$ PILATES</p> <p>10:30 \$ CHAIR YOGA</p> <p>12:30 \$ AGELESS GRACE</p> <p>1:30 \$ TAP DANCE</p> <p>1:45–4:15 BADMINTON</p> 	<p>8:30–4:15 PING PONG <b>5</b></p> <p>9:15 VIDEO FITNESS</p> <p>10:30 NOW &amp; ZEN</p> <p>12:30 \$ SCULPTING W/ WEIGHTS</p> <p>1:45 BADMINTON</p>	<p>8:30 – 4:15 PING PONG <b>6</b></p> <p>9:15 \$ TAI CHI</p> <p>10:30 \$ YOGA</p> <p>1:45 \$ GET FIT</p> 	<p>8:30-4:15 PING PONG <b>7</b></p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>12:15 \$ YOGASIZE</p> <p>1:15 \$ ZUMBA</p> <p>2:30 BADMINTON</p> 
<p>8:30 – 4:15 PING PONG <b>10</b></p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>12:30 BODY GYM</p> <p>1:45 \$ B.E.S.T</p> 	<p>8:30–4:30 PING PONG <b>11</b></p> <p>9:15 \$ PILATES</p> <p>10:30 \$ CHAIR YOGA</p> <p>12:30 \$ AGELESS GRACE</p> <p>1:30 \$ TAP DANCE</p> <p>1:45–4:15 BADMINTON</p>	<p>8:30–4:15 PING PONG <b>12</b></p> <p>9:15 VIDEO FITNESS</p> <p>10:30 <b>NO</b> NOW &amp; ZEN</p> <p>12:30 \$ SCULPTING W/ WEIGHTS</p> <p>1:45 BADMINTON</p> 	<p>9:15 \$ TAI CHI <b>13</b></p> <p><b>10:30 PHC LECTURE- BALANCE SCREENING</b></p> <p>10:30 \$ YOGA</p> <p>12:00 – 4:15 PING PONG</p> <p>1:45 \$ GET FIT</p>	<p>8:30–4:15 PING PONG <b>14</b></p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p>12:15 \$ YOGASIZE</p> <p>1:15 \$ ZUMBA</p> <p>2:30 BADMINTON</p> 
<p>8:30 – 4:15 PING PONG <b>17</b></p> <p>9:15 \$ ADVANCED FITNESS</p> <p>10:15 \$ INTER/BEG FITNESS</p> <p>11:15 \$ SITTERSIZE</p> <p><b>11:30-1:30-PERSONAL TRAINING, Weight Rm</b></p> <p>12:30 BODY GYM</p> <p>1:45 \$ B.E.S.T</p>	<p>9:15 \$ PILATES <b>18</b></p> <p><b>10:00–12:00-FREE BLOOD PRESSURE</b></p> <p>10:30 \$ <b>NO</b> CHAIR YOGA</p> <p>12:30 \$ AGELESS GRACE</p> <p>12:30-PING PONG</p> <p>1:30 \$ TAP DANCE</p> <p>1:45–4:15 BADMINTON</p> 	<p>8:30–4:15 PING PONG <b>19</b></p> <p>9:15 VIDEO FITNESS</p> <p>10:30 <b>NO</b> NOW &amp; ZEN</p> <p>12:30 \$ SCULPTING W/ WEIGHTS</p> <p>1:45 BADMINTON</p>	<p>8:30 – 4:15 PING PONG <b>20</b></p> <p>9:15 \$ <b>NO</b> TAI CHI</p> <p>10:30 \$ <b>NO</b> YOGA</p> <p>1:45 \$ GET FIT</p> 	<p>8:30–4:15 PING PONG <b>21</b></p> <p>9:15 VIDEO FITNESS</p> <p>10:15 VIDEO FITNESS</p> <p>11:30 – 4:15 BADMINTON</p> <p>12:15 \$ <b>NO</b> YOGASIZE</p> <p>1:15 \$ ZUMBA</p> <p>2:30 BADMINTON</p>
<p>8:30–4:15 PING PONG <b>24</b></p> <p>9:15 VIDEO ADVANCED FITNESS</p> <p>10:15 VIDEO INTER/BEG FITNESS</p> <p>11:30 – 4:15 BADMINTON</p> <p>12:30 <b>NO</b> BODY GYM</p> <p>1:45 \$ <b>NO</b> B.E.S.T</p>	<p><b>Senior Center Closed 25</b></p> 	<p>8:30–4:15 PING PONG <b>26</b></p> <p><b>9:15 VIDEO FITNESS</b></p> <p>10:30 <b>NO</b> NOW &amp; ZEN</p> <p>10:30 – 4:15 BADMINTON</p> <p>12:30 \$ <b>NO</b> SCULPTING W/ WEIGHTS</p>	<p>8:30 – 4:15 PING PONG <b>27</b></p> <p>8:30 – 4:15 BADMINTON</p> <p>9:15 \$ <b>NO</b> TAI CHI</p> <p>10:30 \$ <b>NO</b> YOGA</p> <p>1:45 \$ <b>NO</b> GET FIT</p>	<p>8:30–4:15 PING PONG <b>28</b></p> <p>9:15 VIDEO FITNESS</p> <p>10:15 VIDEO FITNESS</p> <p>11:30 – 4:15 BADMINTON</p> <p>12:15 \$ <b>NO</b> YOGASIZE</p> <p>1:15 \$ <b>NO</b> ZUMBA</p> 
<p>8:30–4:15 PING PONG <b>31</b></p> <p>9:15 VIDEO FITNESS</p> <p>10:15 VIDEOFITNESS</p> <p>11:30 – 4:15 BADMINTON</p> <p>12:30 <b>NO</b> BODY GYM</p> <p>1:45 \$ <b>NO</b> B.E.S.T</p> 	<p><b>Gym Open Daily</b> 8:30am – 4:15pm</p> <p><b>MUST HAVE MEDICALS ON FILE AND BEEN TRAINED BEFORE USING GYM</b></p>		<p><b>Don't get locked out of your favorite fitness classes...</b></p> <p><b>CHECK YOUR CLASS LIST FOR THE SIGN UP</b></p> <p><b>DEADLINE</b></p>	<p>Balance your <i>Body, Mind &amp; Soul!</i></p> 

## **JOIN A CLASS!**

**MUST HAVE MEDICALS ON FILE BEFORE ENROLLING**



### **MUST:**

**\* HAVE MEDICALS ON FILE**

**\*WEAR PROPER ATTIRE**

**\* HAVE BEEN TRAINED**