







November 2017 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Active Adults Get Results Join A Class Today!!</p>	<p>1</p> <p>8:30–4:15 GYM OPEN 8:30–4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NOW & ZEN, NEW SESSION STARTS 12:30 \$ SCULPTING W/ WEIGHTS 1:45–4:15 BADMINTON</p> 	<p>2</p> <p>8:30– 4:15 GYM OPEN 8:30–4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 1:45 \$ GET FIT</p>	<p>3</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, NEW SESSION STARTS</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.- DIVERTICULOSIS 1:30 – 4:15 PING PONG 1:45 \$ B.E.S.T</p> <p>6</p> 	<p>ELECTION DAY – CLOSED</p> <p>7</p> <p>DON'T FORGET TO VOTE</p> 	<p>LIVE FITNESS</p> <p>8:30–4:15 GYM OPEN 8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 10:30 NO NOW & ZEN 11:15 \$ SITTERCIZE 12:30 \$ SCULPTING W/ WEIGHTS 1:45–4:15 BADMINTON</p> <p>8</p>	<p>8:30–4:15 GYM OPEN 8:30 – 10:00 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 10:45 PHC LECT.- NUTRITION/TRADITION 12:00–4:15 PING PONG 1:45 \$ GET FIT</p>  <p>9</p>	<p>VETERANS DAY - CLOSED</p> <p>10</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, NEW SESSION STARTS 1:45 \$ B.E.S.T</p> <p>13</p> 	<p>8:30–4:15 GYM OPEN 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE FITNESS, NEW SESSION STARTS 12:30-4:15 PING PONG 1:30 \$ TAP DANCE 2:45–4:15 BADMINTON</p> <p>14</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>15</p>	<p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 1:45 \$ GET FIT</p> <p>16</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>17</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 \$ B.E.S.T</p> <p>20</p> 	<p>8:30–4:15 GYM OPEN 8:30–4:30 PING PONG 9:15 \$ PILATES 10:00–12:00 PHC-BLOOD PRESSURE CHECK 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE FITNESS 1:30 \$ NO TAP DANCE 1:45–4:15 BADMINTON</p> <p>21</p>	<p>LIVE FITNESS</p> <p>8:3–4:15 GYM OPEN 8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 10:30 NO NOW & ZEN 11:15 \$ SITTERCIZE 12:30 \$ NO SCULPTING W/ WEIGHTS 1:45–4:15 BADMINTON</p>  <p>22</p>	<p>THANKSGIVING – CLOSED</p> <p>23</p> 	<p>DAY AFTER THANKSGIVING – CLOSED</p> <p>24</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>27</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>28</p> 	<p>8:3–4:15 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>29</p>	<p>8:30–4:15 GYM OPEN 8:30–4:15 – PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 1:45 \$ GET FIT</p>  <p>30</p>	

