

October

Wellness Center Classes-Exercise Room

2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
					September 30/1 October
2 9:00-10:00am Aerobics Exercise 10:00-11:00am Senior Yoga	3 11:00am-12:00pm Silver & Fit Experience 2:00-3:00pm Silver & Fit Explore	4 9:00-10:00am Aerobics Exercise 10:00-11:00am Senior Yoga 3:00-3:30pm Fit 4 Life	5 NO CLASSES	6 9:00-10:00am Aerobics Exercise	7/8
9 9:00-10:00am Aerobics Exercise 10:00-11:00am Senior Yoga	10 NO CLASSES	11 9:00-10:00am Aerobics Exercise 10:00-11:00am Senior Yoga 3:00-3:30pm Fit 4 Life	12 11:00am-12:00pm Silver & Fit Experience 2:00-3:00pm Silver & Fit Explore	13 9:00-10:00am Aerobics Exercise	14/15
16 9:00-10:00am Aerobics Exercise 10:00-11:00am Senior Yoga	17 11:00am-12:00pm Silver & Fit Experience 2:00-3:00pm Silver & Fit Explore	18 9:00-10:00am Aerobics Exercise 10:00-11:00am Senior Yoga 3:00-3:30pm Fit 4 Life	19 11:00am-12:00pm Silver & Fit Experience 2:00-3:00pm Silver & Fit Explore	20 9:00-10:00am Aerobics Exercise	21/22
23 9:00-10:00am Aerobics Exercise 10:00-11:00am Senior Yoga	24 11:00am-12:00pm Silver & Fit Experience 2:00-3:00pm Silver & Fit Explore	25 9:00-10:00am Aerobics Exercise 10:00-11:00am Senior Yoga 3:00-3:30pm Fit 4 Life	26 11:00am-12:00pm Silver & Fit Experience 2:00-3:00pm Silver & Fit Explore	27 9:00-10:00am Aerobics Exercise	29/29
30 9:00-10:00am Aerobics Exercise 10:00-11:00am Senior Yoga	31 11:00am-12:00pm Silver & Fit Experience 2:00-3:00pm Silver & Fit Explore				