



October 2017



Fitness for Women

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8 AM Yoga (Co-Ed)		1:30 PM Tai Chi	10:30-11:30 AM Fit 'N' Fun Play Group	6 PM Cardio Sculpt		Hours By Appointment
8	9	10	11	12	13	14
		1:30 PM Tai Chi 6-7 PM <i>Free Fall</i> Wellness Presentation	10:30-11:30 AM Fit 'N' Fun Play Group 6:30-7:15 PM Teen & Youth Adult Program	6 PM Cardio Sculpt		Hours By Appointment 11-11:45 AM Teen & Youth Adult Program
15	16	17	18	19	20	21
8 AM <i>Free</i> Yoga (Co-Ed)	6 PM <i>Free</i> Zumba	1:30 PM Tai Chi 6 PM <i>Free</i> Yoga	10:30-11:30 AM Fit 'N' Fun Play Group 6:30-7:15 PM Teen & Youth Adult Program	6 PM Cardio Sculpt		Hours By Appointment 9 AM <i>Free</i> Yoga 11-11:45 AM Teen & Youth Adult Program
22	23	24	25	26	27	28
	7-9 PM The Art of Setting Healthy Boundaries	1:30 PM Tai Chi 6 PM Yoga	10:30-11:30 AM Fit 'N' Fun Play Group 6:30-7:15 PM Teen & Youth Adult Program	6 PM Cardio Sculpt		Hours By Appointment 11-11:45 AM Teen & Youth Adult Program
29	30	31				
8 AM Yoga (Co-Ed)	6 PM Zumba	1:30 PM Tai Chi				
Major Event! Open House Week of the 15th!						