

Activity Schedule NOVEMBER 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<p>2 7:30-10:00am & 12:00- 2:00pm Walking in Gym 5:20pm Step Class/ Lynn</p>	<p>3 7:30-10:00am & 12:00- 2:00pm Walking in Gym 7:00pm- Zumba - Liz</p>	<p>4 7:30-10:00am & 12:00- 2:00pm Walking in Gym 5:20 Kick Boxing -Lynn</p>	<p>5 7:30-10:00am & 12:00- 2:00pm Walking in Gym 7:00pm- Zumba - Liz</p>	<p>6 7:30-10:00am & 12:00- 2:00pm Walking in Gym</p>	7
<p>8 Fitness Room Mon-Fri 7:30am-7:00pm</p>	<p>9 7:30-10:00am & 12:00- 2:00pm Walking in Gym NO CLASS</p>	<p>10 7:30-10:00am & 12:00- 2:00pm Walking in Gym 7:00pm- Zumba - Liz</p>	<p>11 7:30-10:00am & 12:00- 2:00pm Walking in Gym NO CLASS</p>	<p>12 7:30-10:00am & 12:00- 2:00pm Walking in Gym 7:00pm- Zumba - Liz</p>	<p>13 7:30-10:00am & 12:00- 2:00pm Walking in Gym</p>	14
<p>15 Fitness Room Mon-Fri 7:30am-7:00pm</p>	<p>16 7:30-10:00am & 12:00- 2:00pm Walking in Gym 5:20pm Step Class/ Lynn</p>	<p>17 7:30-10:00am & 12:00- 2:00pm Walking in Gym 7:00pm- Zumba - Liz</p>	<p>18 7:30-10:00am & 12:00- 2:00pm Walking in Gym 5:20 Kick Boxing - Lynn</p>	<p>19 7:30-10:00am & 12:00- 2:00pm Walking in Gym 7:00pm- Zumba - Liz</p>	<p>20 7:30-10:00am & 12:00- 2:00pm Walking in Gym</p>	21
<p>22 Fitness Room Mon.-Fri. 7:30am-7:00pm</p>	<p>23 7:30-10:00am & 12:00- 2:00pm Walking in Gym 5:20pm Step Class/ Lynn</p>	<p>24 7:30-10:00am & 12:00- 2:00pm Walking in Gym 7:00pm- Zumba - Liz</p>	<p>25 7:30-10:00am & 12:00- 2:00pm Walking in Gym 5:20 Kick Boxing -Lynn</p>		<p>27 </p>	28
<p>29 Fitness Room Mon.-Fri. 7:30am-7:00pm</p>	<p>30 7:30-10:00am 12:00- 2:00pm Walking in Gym 5:20pm Step Class/ Lynn</p>					

All classes \$5/class OR Step and Kickboxing @ \$20/monthly OR Zumba @\$20/monthly
 Fitness Room \$20 monthly – 2 Household family members \$35/monthly
 Classes and Fitness Room -\$30 monthly

Call (803)635-9114 for more information