



Activity Schedule OCTOBER 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		7:30-10:00am & 12:00- 2:00pm Walking in Gym	7:30-10:00am & 12:00- 2:00pm Walking in Gym	1 7:30-10:00am & 12:00- 2:00pm Walking in Gym	2 7:30-10:00am & 12:00- 2:00pm Walking in Gym	3
4 Fitness Room Mon-Fri 7:30am-7:00pm	5 7:30-10:00am & 12:00- 2:00pm Walking in Gym 5:20pm Step Aerobics - Lynn	6 7:30-10:00am & 12:00- 2:00pm Walking in Gym 7:00pm- Zumba - Liz	7 7:30-10:00am & 12:00- 2:00pm Walking in Gym 5:20 Kick Boxing -Lynn	8 7:30-10:00am & 12:00- 2:00pm Walking in Gym 7:00pm- Zumba - Liz	9 7:30-10:00am & 12:00- 2:00pm Walking in Gym	10
11 Fitness Room Mon-Fri 7:30am-7:00pm	12 7:30-10:00am & 12:00- 2:00pm Walking in Gym 5:20pm Step Aerobics- Lynn	13 7:30-10:00am & 12:00- 2:00pm Walking in Gym 7:00pm- Zumba - Liz	14 7:30-10:00am & 12:00- 2:00pm Walking in Gym 5:20 Kick Boxing - Lynn	15 7:30-10:00am & 12:00- 2:00pm Walking in Gym 7:00pm- Zumba - Liz	16 7:30-10:00am & 12:00- 2:00pm Walking in Gym	17
18 Fitness Room Mon.-Fri. 7:30am-7:00pm	19 7:30-10:00am & 12:00- 2:00pm Walking in Gym 5:20pm Step Aerobics - Lynn	20 7:30-10:00am & 12:00- 2:00pm Walking in Gym 7:00pm- Zumba - Liz	21 7:30-10:00am & 12:00- 2:00pm Walking in Gym 5:20 Kick Boxing -Lynn	22 7:30-10:00am & 12:00- 2:00pm Walking in Gym 7:00pm- Zumba - Liz	23 7:30-10:00am & 12:00- 2:00pm Walking in Gym	24
25 Fitness Room Mon.-Fri. 7:30am-7:00pm	26 7:30-10:00am & 12:00- 2:00pm Walking in Gym 5:20pm Step Aerobics- Lynn	27 7:30-10:00am & 12:00- 2:00pm Walking in Gym 7:00pm- Zumba - Liz	28 7:30-10:00am & 12:00- 2:00pm Walking in Gym 5:20 Kick Boxing -Lynn	29 7:30-10:00am & 12:00- 2:00pm Walking in Gym 7:00pm- Zumba - Liz	30 7:30-10:00am & 12:00- 2:00pm Walking in Gym	31

All classes \$5/class or \$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