





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
2		3	4	5	6	7	8
		Silver Classic 9:15 w/Heather (AB)	Silver Circuit 9:15 w/Heather (AB) Zumba Sentao 10:15 w/Judi (GF)	Standing Strong 9:15 w/Kathy (GF) Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/Heather (AB)	Chair Yoga 9:15 w/Dawn (AB)		
9	10	11	12	13	14	15	
Standing Strong 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice (AB)	Silver Classic 9:15 w/Heather (AB)	Silver Circuit 9:15 w/Heather (AB) Zumba Sentao 10:15 w/Judi (GF)	Standing Strong 9:15 w/Kathy (GF) Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/Janice (AB)	Chair Yoga 9:15 w/Dawn (AB)			
16	17	18	19	20	21	22	
Standing Strong 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice (AB)	Silver Classic 9:15 w/Heather (AB)	Silver Circuit 9:15 w/Heather (AB) Zumba Sentao 10:15 w/Judi (GF)	Standing Strong 9:15 w/Kathy (GF) Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/Janice (AB)	Chair Yoga 9:15 w/Dawn (AB)			
				Senior Social 1:15			
23	24	25	26	27	28	29	
Standing Strong 9:15 w/Heather (GF) Silver Classic 12:00 w/Janice (AB)	Silver Classic 9:15 w/Heather (AB)	Silver Circuit 9:15 w/Heather (AB) Zumba Sentao 10:15 w/Judi (GF)	Silver Circuit 9:15 w/Heather (AB) Zumba Sentao 10:15 w/Judi (GF)	Standing Strong 9:15 w/Heather (GF) Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/Heather (AB)	Chair Yoga 9:15 w/Dawn (AB)	