

November Strong Sterling

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BoomMove 8:15 29 BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (C) Silver Classic 12:00 w/Janice (AB)	30 Zumba Toning 9:15 w/Judi (GF)	31 Silver Circuit 9:15 w/Heather (AB) Zumba Sentao 10:15 w/Judi (GF)	1 Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/Janice (AB)	2 Chair Yoga 9:15 w/Dawn (C)	3 
4	BoomMove 8:15 5 BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (C) Silver Classic 12:00 w/Janice (AB)	6 Zumba Toning 9:15 w/Judi (GF)	7 Silver Circuit 9:15 w/Rebecca (AB) Zumba Sentao 10:15 w/Judi (GF)	8 Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/Janice (AB)	9 Chair Yoga 9:15 w/Dawn (C)	10
11	BoomMove 8:15 12 BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (C) Silver Classic 12:00 w/Janice (AB)	13 Zumba Toning 9:15 w/Judi (GF)	14 Silver Circuit 9:15 w/Heather (AB) Zumba Sentao 10:15 w/Judi (GF)	15 Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/Janice (AB)	16 Chair Yoga 9:15 w/Dawn (C)	17
18	Zumba Gold 8:15 w/Judi (AB) Chair Yoga 9:15 w/Dawn (C) Silver Classic 12:00 w/Janice (AB)	20 Zumba Toning 9:15 w/Judi (GF)	21 Silver Circuit 9:15 w/Rebecca (AB) Zumba Sentao 10:15 w/Judi (GF)	22 	23 Chair Tai Chi 9:15 w/Fawn (C) Look for additional classes	
25	 BoomMove 8:15 BoomMuscle 9:15 w/Heather (GF) Silver Classic 12:00 w/Janice (AB)	27 Zumba Toning 9:15 w/Judi (GF)	28 Silver Circuit 9:15 w/Heather (AB) Zumba Sentao 10:15 w/Judi (GF)	29 Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/Janice (AB)	30 Chair Yoga 9:15 w/Dawn (C)	

Social Thurs
Nov 15 1:15

Mon & Thurs
11:30
Meet on the track