

Wellness Calendar October 2017

Wellness Calendar October 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	9:00 Aqua Class 9:00 Stretch & Tone 10:00 Meditation 11:00 Movement w/ Robin 1:00 Meditation	3	4	5	6	7
		8:00 Mat Pilates 9:00 Aqua Class 9:00 Chair Yoga 10:30 Tai Chi <i>(No Falls Avoidance)</i>	11:00 Posture w/ Phil <i>(No Stretch & Tone)</i>	9:00 Aqua Class 9:00 Chair Yoga 10:30 Tai Chi <i>(No Falls Avoidance)</i>	8:00 Gentle Yoga 9:00 Stretch & Tone 11:00 Posture w/ Phil 1:30 Gentle Movement Aqua Class	9:00 Aqua Class 10:30 Tai Chi 11:00 Yoga with Judy
9	9:00 Aqua Class 9:00 Stretch & Tone 11:00 Movement w/ Robin 1:00 Meditation	10	11	12	13	14
		8:00 Mat Pilates 9:00 Aqua Class 9:00 Chair Yoga 9:00 Falls Avoidance 10:30 Tai Chi	9:00 Stretch & Tone 11:00 Posture w/ Phil	9:00 Aqua Class 9:00 Chair Yoga 9:00 Falls Avoidance 10:30 Tai Chi	8:00 Gentle Yoga 9:00 Stretch & Tone 11:00 Posture w/ Phil 1:30 Gentle Movement Aqua Class 2:00 Wellness Talk	9:00 Aqua Class 10:30 Tai Chi 11:00 Yoga with Judy
16	9:00 Aqua Class 9:00 Stretch & Tone 11:00 Movement w/ Robin 1:00 Meditation	17	18	19	20	21
		8:00 Mat Pilates 9:00 Aqua Class 9:00 Chair Yoga 9:00 Falls Avoidance 10:30 Tai Chi	9:00 Stretch & Tone 11:00 Posture w/ Phil	9:00 Aqua Class 9:00 Chair Yoga 9:00 Falls Avoidance 10:30 Tai Chi	8:00 Gentle Yoga 9:00 Stretch & Tone 11:00 Posture w/ Phil 1:30 Gentle Movement Aqua Class	9:00 Aqua Class 10:30 Tai Chi 11:00 Yoga with Judy
23	9:00 Aqua Class 9:00 Stretch & Tone 11:00 Movement w/ Robin 1:00 Meditation	24	25	26	27	28
		8:00 Mat Pilates 9:00 Aqua Class 9:00 Chair Yoga 9:00 Falls Avoidance 10:30 Tai Chi	9:00 Stretch & Tone 11:00 Posture w/ Phil	9:00 Aqua Class 9:00 Chair Yoga 9:00 Falls Avoidance 10:30 Tai Chi	8:00 Gentle Yoga 9:00 Stretch & Tone 11:00 Posture w/ Phil 12:00 Lunch & Learn 1:30 Gentle Movement Aqua Class	9:00 Aqua Class 10:30 Tai Chi 11:00 Yoga with Judy
30	9:00 Aqua Class 9:00 Stretch & Tone 11:00 Movement w/ Robin 1:00 Meditation	31	<p>For More Information, Please Contact Anita Levitz <i>Nutrition & Wellness Care Manager</i> x5556</p>			
	9:00 Aqua Class 9:00 Stretch & Tone 11:00 Movement w/ Robin 1:00 Meditation	8:00 Mat Pilates 9:00 Aqua Class 9:00 Chair Yoga 9:00 Falls Avoidance 10:30 Tai Chi				

Please See Reverse Side of Calendar
for Class Locations