

NOVEMBER FITNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 10am Hot Hula Fitness (Dance)	2
3	4 9am Functional Fitness 11:30 Chair Yoga	5 2pm Zumba Gold	6 9am Functional Fitness	7 11:30am Chair Yoga & Meditation	8 10am Hot Hula Fitness (Dance)	9
10	11 9am Functional Fitness 11:30 Chair Yoga	12 2pm Silver Sneakers	13 9am Functional Fitness	14 11:30am Chair Yoga & Meditation	15 10am Hot Hula Fitness (Dance)	16
17	18 9am Functional Fitness 11:30 Chair Yoga	19 2pm Zumba Gold	20 9am Functional Fitness	21 11:30am Chair Yoga & Meditation	22 10am Hot Hula Fitness (Dance)	23
24	25 9am Functional Fitness 11:30 Chair Yoga	26 2pm Silver Sneakers	27	28 	29 10am Hot Hula Fitness (Dance)	30