

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>3 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-3:30 The Complete Mix 3:00 Trip Meeting w/JoAnne Welch 6:00 Line Dancing</p>	<p>4 9-10:30 Men's Bible 9-10 Fitness for Everyone 11:30 GARDEN CLUB 10-11 Martial Arts 1:30-3:00 Painting Pals</p>	<p>5 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 11-12 Fall-Proof/Tai-Chi 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix</p>	<p>6 9-10 Fitness for Everyone 9-11 Oil Painting 10-11 Martial Arts</p>	<p>7 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF</p>
<p>10 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-3:00 Thread, Yarn, Crochet, & Coffee 1:30-2:30 The Complete Mix 6:00 Line Dancing</p>	<p>11 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts 10:15-11 ZUMBA GOLD 1:30-3:00 Painting Pals</p>	<p>12 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 12:30-1:15 Senior Fit 11-12 Fall-Proof/Tai-Chi 1:30-2:30 The Complete Mix</p>	<p>13 9-10 Fitness for Everyone 9-11 Oil Painting* 10-11 Martial Arts</p>	<p>14 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga for FFF</p>
<p>17 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix 6:00 Line Dancing</p>	<p>18 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts 10:15-11 ZUMBA GOLD 1:30-3:00 Painting Pals</p>	<p>19 MAYOR'S FUN WALK 9-10:30 12:30-1:15 Senior Fit 1:30—2:30 The Complete Mix</p>	<p>20 9-10 Fitness for Everyone 9-11 Oil Painting 10-11 Martial Arts 2-4 MEDICARE SEMINAR 1-4 Bridge</p>	<p>21 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF</p>
<p>24 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix 1:30-3:00 Thread, Yarn, Crochet & Coffee 6:00 Line Dancing</p>	<p>25 9-10:30 Men's Bible 9-10 Fitness for Everyone 10-11 Martial Arts 1:30-3:00 Painting Pals</p>	<p>26 9:30 Men's Agape Coffee Group 9-10 Exercise 10-11 Exercise 12-30-1:15 Senior Fit 1:30-2:30 The Complete Mix</p>	<p>27 9-10 Fitness for Everyone 9-11 Oil Painting 10-11 Martial Arts 1-4 Bridge</p>	<p>28 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF</p>
<p>31 9-10 Exercise 10-11 Exercise 11-11:30 Yoga R&R 11:30-12 Yoga FFF 12:30-1:15 Senior Fit 1:30-2:30 The Complete Mix 6:00 Line Dancing</p>	<p>*New class begins</p>			

