



FITNESS

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9AM WATER AEROBICS	2 10AM-FITNESS W/MARNI 11:30AM CHAIR YOGA & MEDITATION W/CANDI	3 10AM-CHAIR YOGA W/ ROBIN	4 10:30AM YOUTUBE SIT & FIT
5 9AM WATER AEROBICS 11:30AM CHAIR YOGA	6 9AM- FITNESS W/MARNI 10AM STRETCH N TONE W/ SONJA	7 9AM- FITNESS W/MARNI 10AM STRETCH N TONE W/ SONJA	8 9AM WATER AEROBICS	9 10AM-FITNESS W/MARNI 11:30AM CHAIR YOGA & MEDITATION W/CANDI	10 10AM-CHAIR YOGA W/ ROBIN	11 10:30AM YOUTUBE SIT & FIT
12 9AM WATER AEROBICS 11:30AM CHAIR YOGA	13 9AM WATER AEROBICS 11:30AM CHAIR YOGA	14 9AM- FITNESS W/MARNI 10AM STRETCH N TONE W/ SONJA	15 9AM WATER AEROBICS 10AM OPEN GYM COACHING	16 10AM-FITNESS W/MARNI 11:30AM CHAIR YOGA & MEDITATION W/CANDI	17 10AM-CHAIR YOGA W/ ROBIN	18 10:30AM YOUTUBE SIT & FIT
19 9AM WATER AEROBICS 11:30AM CHAIR YOGA	20 9AM WATER AEROBICS 11:30AM CHAIR YOGA	21 9AM- FITNESS W/MARNI 10AM STRETCH N TONE W/ SONJA	22 9AM WATER AEROBICS	23 10AM-FITNESS W/MARNI 11:30AM CHAIR YOGA & MEDITATION W/CANDI	24 10AM-CHAIR YOGA W/ ROBIN	25 10:30AM YOUTUBE SIT & FIT
26 9AM WATER AEROBICS 11:30AM CHAIR YOGA	27 9AM WATER AEROBICS 11:30AM CHAIR YOGA	28 9AM- FITNESS W/MARNI 10AM STRETCH N TONE W/ SONJA	29 9AM WATER AEROBICS	30 10AM-FITNESS W/MARNI 11:30AM CHAIR YOGA & MEDITATION W/CANDI	31 10AM-CHAIR YOGA W/ ROBIN	