

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> ➤ Classes highlighted in blue are held in the Oaks group exercise room located next to the Wellness. ➤ Classes highlighted in red are held in the lakeside Essence lounge. 		<p>1</p> <p>8:15 Fitness 9:00 Fitness 9:30 Ageless Grace 2:00 Exercisin' with therapy</p>	<p>2</p> <p>9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit</p>	<p>3</p> <p>8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation</p>
<p>6</p> <p>8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Combo Yoga</p>	<p>7</p> <p>10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi</p>	<p>8</p> <p>8:15 Fitness 9:00 Fitness 9:30 Ageless Grace 2:00 Exercisin' with therapy</p>	<p>9</p> <p>9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit</p>	<p>10</p> <p>8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation</p>
<p>13</p> <p>8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Combo Yoga</p>	<p>14</p> <p>10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi</p>	<p>15</p> <p>8:15 Fitness 9:00 Fitness 9:30 Ageless Grace 2:00 Exercisin' with therapy</p>	<p>16</p> <p>9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit</p>	<p>17</p> <p>8:15 Fitness 9:00 Fitness 10:00 Water In Motion 10:30-12:30 Second Annual Loving Kindness Meditation practice</p>
<p>20</p> <p>8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Combo Yoga</p>	<p>21</p> <p>10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi</p>	<p>22</p> <p>8:15 Fitness 9:00 Fitness 9:30 Ageless Grace 2:00 Exercisin' with therapy</p>	<p>23</p> <p>Fitness Class Have a Happy </p>	<p>24</p> <p>Cancelled Holiday</p>
<p>27</p> <p>8:15 Fitness 9:00 Fitness 10:30 Exercisin' with Therapy 2:30 Combo Yoga</p>	<p>28</p> <p>10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi</p>	<p>29</p> <p>8:15 Fitness 9:00 Fitness 9:30 Ageless Grace 2:00 Exercisin' with therapy</p>	<p>30</p> <p>9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit</p>	