

November Wellness 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>>Classes in RED will be held at the Lakeside Essence Lounge.</p> <p>>Classes in BLUE will be held at the Oakside Group Exercise Room</p>				1
<p>4</p> <p>8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga</p>	<p>5</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>6</p> <p>8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy</p>	<p>7</p> <p>9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 9:30 Bone Builders 1:00 BBB (brain, body, Balance)</p>	<p>8</p> <p>8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation</p>
<p>11</p> <p>8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga</p>	<p>12</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>13</p> <p>8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy</p>	<p>14</p> <p>9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 BBB</p>	<p>15</p> <p>8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation</p>
<p>18</p> <p>8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga</p>	<p>19</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>20</p> <p>8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy</p>	<p>21</p> <p>9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 BBB</p>	<p>22</p> <p>8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation</p>
<p>25</p> <p>8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga</p>	<p>26</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>27</p> <p>8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy</p>	<p>28</p> <p>Happy Thanksgiving!!!! Happy Thanksgiving!!!! Happy Thanksgiving!!!! Happy Thanksgiving!!!!</p> <p align="center">NO CLASSES</p>	<p>29</p> <p>Happy Thanksgiving!!!! Happy Thanksgiving!!!! Happy Thanksgiving!!!! Happy Thanksgiving!!!!</p> <p align="center">NO CLASSES</p>
