

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Chair Yoga 9a-10a</b> Trufit Fitness Class 11:15a-12p Game Show 12p-1p</p>	<p>3</p> <p><b>Spin Class 8:15a-9a</b></p> <p>Brain Fitness 10a-10:45a Game Day 12p-4p <b>Blood Drive 12p-5p</b></p>	<p>4</p> <p>Interval Walking 9:15a-9:45a <b>Chair Aerobics 10a-11a</b> Trufit Fitness Class 11:15a-12p <b>Line Dancing 12p-1p</b> Chair Volleyball 1p-2p</p>	<p>5</p> <p><b>Spin Class 8:15a-9a</b> <b>Balance &amp; Flexibility 10a-11a</b> Educational Training 11a-12p <b>Gentle Yoga with Jill</b> 12:30p-1:30p Chinese Mahjong 1p-3p</p>	<p>6</p> <p><b>Dance Aerobics 9a-10a</b> Tap Class 10a-11:30a Trufit Fitness Class 11:30a-12:30p <b>Lunch Bunch 12:30p</b> <b>Healing Art of Qigong 1p-2p</b> Drum Circle 1:30p-2:30p <b>Moonlight Hike 6p</b></p>
<p>9</p> <p><b>Chair Yoga 9a-10a</b> Trufit Fitness Class 11:15a-12p Game Show 12p-1p</p>	<p>10</p> <p><b>Spin Class 8:15a-9a</b></p> <p>Hatha Yoga 10a-11a</p> <p>Game Day 12p-4p</p>	<p>11</p> <p>Interval Walking 9:15a-9:45a <b>Chair Aerobics 10a-11a</b> Trufit Fitness Class 11:15a-12p <b>Line Dancing 12p-1p</b> Chair Volleyball 1p-2p</p>	<p>12</p> <p><b>Spin Class 8:15a-9a</b> <b>Balance &amp; Flexibility 10a-11a</b></p> <p>Poetry Club 11a-12p Cornhole 12p-1p <b>Gentle Yoga with Jill</b> 12:30p-1:30p Chinese Mahjong 1p-3p</p>	<p>13</p> <p><b>Dance Aerobics 9a-10a</b> Tap Class 10a-11:30a Trufit Fitness Class 11:30a-12:30p <b>Healing Art of Qigong 1p-2p</b> Drum Circle 1:30p-2:30p</p>
<p>16</p> <p><b>Chair Yoga 9a-10a</b> Trufit Fitness Class 11:15a-12p Game Show 12p-1p</p>	<p>17</p> <p><b>Spin Class 8:15a-9a</b> Interval Walking 9:15a-9:45a Brain Fitness 10a-10:45a Bingo 11a-12a Game Day 12p-4p Table Tennis 3p-5p</p>	<p>18</p> <p>Interval Walking 9:15a-9:45a <b>Chair Aerobics 10a-11a</b> Trufit Fitness Class 11:15a-12p <b>Line Dancing 12p-1p</b> Chair Volleyball 1p-2p</p>	<p>19</p> <p><b>Spin Class 8:15a-9a</b> <b>Balance &amp; Flexibility 10a-11a</b></p> <p><b>Gentle Yoga with Jill</b> 12:30p-1:30p Chinese Mahjong 1p-3p</p>	<p>20</p> <p><b>Dance Aerobics 9a-10a</b> Tap Class 10a-11:30a Trufit Fitness Class 11:30a-12:30p <b>Healing Art of Qigong 1p-2p</b> Drum Circle 1:30p-2:30p</p>
<p>23</p> <p><b>Chair Yoga 9a-10a</b> Trufit Fitness Class 11:15a-12p Game Show 12p-1p</p>	<p>24</p> <p><b>Spin Class 8:15a-9a</b></p> <p>Interval Walking 9:15a-9:45a Game Day 12p-4p Table Tennis 3p-5p</p>	<p>25</p> <p>Interval Walking 9:15a-9:45a <b>Chair Aerobics 10a-11a</b> Trufit Fitness Class 11:15a-12p <b>Line Dancing 12p-1p</b> Chair Volleyball 1p-1:30p Birthday Social 1:30p-2:30p</p>	<p>26</p> <p><b>Spin Class 8:15a-9a</b> <b>Balance &amp; Flexibility 10a-11a</b></p> <p><b>Gentle Yoga with Jill</b> 12:30p-1:30p Chinese Mahjong 1p-3p</p>	<p>27</p> <p><b>Dance Aerobics 9a-10a</b> Tap Class 10a-11:30a Trufit Fitness Class 11:30a-12:30p <b>Healing Art of Qigong 1p-2p</b> Drum Circle 1:30p-2:30p</p>