

November 2018 – Open Gym Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	2 9:00-11:00am	3
4	5 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	6 1:00-4:00pm	7 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	8 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	9 9:00-11:00am	10
11	12 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	13 1:00-3:00pm	14 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	15 1:00-4:00pm	16 9:00-11:00am	17
18	19 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	20 1:00-4:00pm	21 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3pm	22 CLOSED	23 CLOSED	24
25	26 1:00-4:00pm	27 9:00-11:00am	28 1:00-4:00pm	29 9:00am-11:00am	30 CLOSED	

