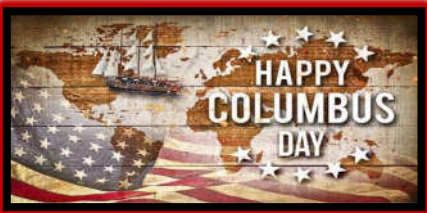


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In October we wear			8:30– 9:50 Pickleball Club Practice 1 10:00 QI GONG- Sign up 11:30 CHAIR YOGA 1:45 PICKLEBALL- Open Play	2 8:30-9:45 INDOOR WALKING 10:00 ZUMBA 1:30 PICKLEBALL – Open Play
Active Aging Week 5 8:30 – 10:30 Pickleball Club Practice 11:00 BODY SCULPTING 12:15 – 1:15 INDOOR WALKING 1:30 PICKLEBALL- Open Play	6 8:30-10:15 LARGE GYM CLOSED FOR CLEANING 10:15 – 11:00 INDOOR WALKING 11:15 CHAIR DANCE AEROBICS 12:30 CIRCUIT TRAINING Sign up 1:30 PICKLEBALL- Open Play	7 8:30–9:15 INDOOR WALKING 9:30 ZUMBA 10:30 BODY SCULPTING 11:45 – 12:15 INDOOR WALKING 1:45 PICKLEBALL- Open Play	8 8:30– 9:50 Pickleball Club Practice 10:00 QI GONG- Sign up 11:30 CHAIR YOGA 1:30 PICKLEBALL- Open Play	9 8:30-9:45 INDOOR WALKING 10:00 ZUMBA 11:30 - 1:30 SBPC Pickleball Tournament (sign up with Ken & Patty) WELLNESS CENTER IS CLOSING AT 1:30pm TODAY No admittance after 1:30pm
SENIOR CENTER CLOSED 12 	13 8:30-10:30 LARGE GYM CLOSED FOR CLEANING 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL- Open Play	14 8:30 – 9:15 INDOOR WALKING 9:30 ZUMBA 10:30 BODY SCULPTING 11:45 – 1:00 INDOOR WALKING 1:30 PICKLEBALL- Open Play	15 8:30– 9:50 Pickleball Club Practice 10:00 QI GONG- Sign up 11:30 CHAIR YOGA 1:30 PICKLEBALL- Open Play	16 8:30-9:45 INDOOR WALKING 10:00 ZUMBA 1:30 PICKLEBALL – Open Play
19 8:30 – 10:30 Pickleball Club Practice 11:00 BODY SCULPTING 12:15 – 1:15 INDOOR WALKING 1:30 PICKLEBALL- Open Play	20 8:30-10:15 LARGE GYM CLOSED FOR CLEANING 10:15 – 11:00 INDOOR WALKING 11:15 CHAIR DANCE AEROBICS 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL- Open Play	21 8:30 – 9:15 INDOOR WALKING 9:30 ZUMBA 10:30 BODY SCULPTING 11:45 – 1:00 INDOOR WALKING 1:30 PICKLEBALL- Open Play	22 10:00 QI GONG- Sign up 11:30 CHAIR YOGA 1:30 PICKLEBALL- Open Play	23 8:30-9:45 INDOOR WALKING 10:00 ZUMBA 1:30 PICKLEBALL - Open Play
26 8:30 – 10:30 Pickleball Club Practice 11:00 BODY SCULPTING 12:15 – 1:15 INDOOR WALKING 1:30 PICKLEBALL- Open Play	27 8:30-10:30 LARGE GYM CLOSED FOR CLEANING 10am – 12pm APSEA- BP/BMI 12:30 SWEATIN TO THE OLDIES 1:30 PICKLEBALL- Open Play	28 8:30 – 9:15 INDOOR WALKING 9:30 ZUMBA 10:30 BODY SCULPTING 11:45 – 1:00 INDOOR WALKING 1:30 PICKLEBALL- Open Play	29 8:30– 9:50 PICKLEBALL BEGINNER'S CLASS 10:00 QI GONG- Sign up 11:30 CHAIR YOGA 1:30 PICKLEBALL- Open Play	30 8:30-9:45 INDOOR WALKING 10:00 ZUMBA 1:30 PICKLEBALL - Open Play

