

# November 2016

## FITNESS, DANCE, AND EXERCISE SCHEDULE

(SUBJECT TO CHANGE WITHOUT NOTICE)

November 2016						
Su	Mo	Tu	We	Th	Fr	Sa
6	7	1	2	3	4	5
13	14	8	9	10	11	12
20	21	15	16	17	18	19
27	28	22	23	24	25	26
		29	30			

December 2016						
Su	Mo	Tu	We	Th	Fr	Sa
4	5	6	7	1	2	3
11	12	13	14	8	9	10
18	19	20	21	15	16	17
25	26	27	28	22	23	24
				29	30	31

	Monday	Tuesday	Wednesday	Thursday	Friday
Oct 31 - Nov 4	<b>Oct 31</b>	<b>Nov 1</b>	<b>2</b>	<b>3</b>	<b>4</b>
		Craft Sale - 9:00AM - 3:00PM 9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold (Class Cancelled - Video Available)	Craft Sale - 9:00AM - 3:00PM 9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution (Class Cancelled - Video Available)	Craft Sale - 9:00AM - 3:00PM 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	Craft Sale - 9:00AM - 3:00PM 9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
Nov 7 - 11	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
	9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	Election Day Lunch Cancelled/SCAT Closed 9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution (Class Cancelled - Video Available)	9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	Municipal Offices and Senior Center Closed Veteran's Day
Nov 14 - 18	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
	9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
Nov 21 - 25	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	All Classes and Programs Cancelled Early Lunch at 11:30am Thanksgiving Dinner Set Up	12:00pm Thanksgiving Dinner (reservations required) (free will donation)		Happy Thanksgiving Municipal Offices and Senior Center Closed	Municipal Offices and Senior Center Closed
Nov 28 - Dec 2	<b>28</b>	<b>29</b>	<b>30</b>	<b>Dec 1</b>	<b>2</b>
	9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	<b>REMEMBER OUR VETERANS HAPPY THANKSGIVING</b>	