

OCTOBER LAND CLASSES



WEST VIEW
WELLNESS CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Yoga 9:30am-10:30am Silver Sneakers Classic 11:45am-12:30pm Firm Body Mat 1:15pm-2pm	2 Zumba Chair 8:30am-9:15am Silver Sneakers Classic 10:30am-11:15am
5 Firm Body Mat 9am-9:45am Zumba Chair 10am-10:45am Mind Over Muscle BC 11am-11:30am	6 Yoga 9:30am-10:30am Silver Sneakers Classic 11:45am-12:30pm	7 Power Play BC 8am-8:45am Silver Sneakers Enerchi 9am-9:45am Chair Yoga 10:30am-11:15am DrumStix 11:30am-12pm Yoga 1pm-2pm	8 Yoga 9:30am-10:30am Silver Sneakers Classic 11:45am-12:30pm Firm Body Mat 1:15pm-2pm	9 Zumba Chair 8:30am-9:15am Silver Sneakers Classic 10:30am-11:15am
12 Firm Body Mat 9am-9:45am Zumba Chair 10am-10:45am Mind Over Muscle BC 11am-11:30am	13 Yoga 9:30am-10:30am Silver Sneakers Classic 11:45am-12:30pm	14 Power Play BC 8am-8:45am Silver Sneakers Enerchi 9am-9:45am Chair Yoga 10:30am-11:15am DrumStix 11:30am-12pm Yoga 1pm-2pm	15 Yoga 9:30am-10:30am Silver Sneakers Classic 11:45am-12:30pm Firm Body Mat 1:15pm-2pm	16 Zumba Chair 8:30am-9:15am Silver Sneakers Classic 10:30am-11:15am
19 Firm Body Mat 9am-9:45am Zumba Chair 10am-10:45am Mind Over Muscle BC 11am-11:30am	20 Yoga 9:30am-10:30am Silver Sneakers Classic 11:45am-12:30pm	21 Power Play BC 8am-8:45am Silver Sneakers Enerchi 9am-9:45am Chair Yoga 10:30am-11:15am DrumStix 11:30am-12pm Yoga 1pm-2pm	22 Yoga 9:30am-10:30am Silver Sneakers Classic 11:45am-12:30pm Firm Body Mat 1:15pm-2pm	23 Zumba Chair 8:30am-9:15am Silver Sneakers Classic 10:30am-11:15am
26 Firm Body Mat 9am-9:45am Zumba Chair 10am-10:45am Mind Over Muscle BC 11am-11:30am	27 Yoga 9:30am-10:30am Silver Sneakers Classic 11:45am-12:30pm	28 Power Play BC 8am-8:45am Silver Sneakers Enerchi 9am-9:45am Chair Yoga 10:30am-11:15am DrumStix 11:30am-12pm Yoga 1pm-2pm	29 Yoga 9:30am-10:30am Silver Sneakers Classic 11:45am-12:30pm Firm Body Mat 1:15pm-2pm	30 Zumba Chair 8:30am-9:15am Silver Sneakers Classic 10:30am-11:15am