NOVEMBER LAND CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9am-9:45am **Firm Body Mat** 10am-10:45am **Zumba Chair** 11am-11:30am **Mind Over Muscle Boot Camp**	**3** 9:30am-10:30am **Yoga** 11:45am-12:30pm **SilverSneakers Classic**	**4** 8am-8:45am **Power Play Boot Camp** 9am-9:45am **SilverSneakers Enerchi** 10:30am-11:15am **Chair Yoga** 11:30am-12pm **DrumStix** 1pm-2pm **Yoga**	**5** 9:30am-10:30am **Yoga** 11:45am-12:30pm **SilverSneakers Classic** 1:15pm-2pm **Firm Body Mat**	**6** 8:30am-9:15am **Zumba Chair** 10:30am-11:15am **SilverSneakers Classic** 11:30am-12:15pm **Ribbon Dance**
9 9am-9:45am **Firm Body Mat** 10am-10:45am **Zumba Chair** 11am-11:30am **Mind Over Muscle Boot Camp**	**10** 9:30am-10:30am **Yoga** 11:45am-12:30pm **SilverSneakers Classic**	**11** 8am-8:45am **Power Play Boot Camp** 9am-9:45am **SilverSneakers Enerchi** 10:30am-11:15am **Chair Yoga** 11:30am-12pm **DrumStix** 1pm-2pm **Yoga**	**12** 9:30am-10:30am **Yoga** 11:45am-12:30pm **SilverSneakers Classic** 1:15pm-2pm **Firm Body Mat**	**13** 8:30am-9:15am **Zumba Chair** 10:30am-11:15am **SilverSneakers Classic**
16 9am-9:45am **Firm Body Mat** 10am-10:45am **Zumba Chair** 11am-11:30am **Mind Over Muscle Boot Camp**	**17** 9:30am-10:30am **Yoga** 11:45am-12:30pm **SilverSneakers Classic**	**18** 8am-8:45am **Power Play Boot Camp** 9am-9:45am **SilverSneakers Enerchi** 10:30am-11:15am **Chair Yoga** 11:30am-12pm **DrumStix** 1pm-2pm **Yoga**	**19** 9:30am-10:30am **Yoga** 11:45am-12:30pm **SilverSneakers Classic** 1:15pm-2pm **Firm Body Mat**	**20** 8:30am-9:15am **Zumba Chair** 10:30am-11:15am **SilverSneakers Classic** 11:30am-12:15pm **Ribbon Dance**
23 9am-9:45am **Firm Body Mat** 10am-10:45am **Zumba Chair** 11am-11:30am **Mind Over Muscle Boot Camp**	**24** 9:30am-10:30am **Yoga** 11:45am-12:30pm **SilverSneakers Classic**	**25** 11:30am-12pm **DrumStix**	**26** **CLOSED** **HAPPY THANKSGIVING**	**27** **CLOSED**
30 9am-9:45am **Firm Body Mat** 10am-10:45am **Zumba Chair** 11am-11:30am **Mind Over Muscle Boot Camp**				

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WELLNESS CENTER