

OCTOBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
4	5 Get Fit/Stay Fit w/Jennifer @ 8am Rm # S105 Go4Life w/Laura @ 1-2pm Rm# 105	6 Get Fit/Stay Fit w/Jennifer @ 8am Rm # P204 Zumba Gold w/Jennifer Rm# P204 9:30am 10:30am Line Dance W/Delia 9am-11am Rm#105 SAIL w/Laura @ 1-2pm P206 Advanced Dance w/Tom @1:15pm- 2:30pm Rm#105 Ballroom Dance w/Debbie 3:00pm-4pm Rm#S105	7 Get Fit/Stay Fit w/Jennifer @ 8am Rm#S105 Go4Life w/Laura @ 1-2pm Rm# 105 Intermediate line Dance w/Tom @1:15pm-2:30pm Rm#105	8 Get Fit Stay Fit 8am-9am Rm#204 Zumba Gold w/Jennifer Rm# P204 SAIL w/Laura @ 1-2pm P206	9 Get Fit/Stay Fit w/Jennifer @ 8am Rm # S105	10
11	12 Get Fit/Stay Fit w/Jennifer @ 8am Rm # S105 Go4Life w/Laura @ 1-2pm Rm# 105	13 Get Fit/Stay Fit w/Jennifer @ 8am Rm # P204 Zumba Gold w/Jennifer Rm# P204 9:30am 10:30am Line Dance W/Delia 9am-11am Rm#105 SAIL w/Laura @ 1-2pm P206	14 Get Fit/Stay Fit w/Jennifer @ 8am Rm#S105 Go4Life w/Laura @ 1-2pm Rm# 105 Intermediate line Dance w/Tom @1:15pm-2:30pm Rm#105	15 Get Fit Stay Fit 8am-9am Rm#204 Zumba Gold w/Jennifer Rm# P204 SAIL w/Laura @ 1-2pm P206	16 Get Fit/Stay Fit w/Jennifer @ 8am Rm # S105	17 Bike the Greenway w/Paula & co-pilot @10a-12p

		Advanced Dance w/Tom @1:15pm-2:30pm Rm#105 Ballroom Dance w/Debbie 3:00pm-4pm Rm#S105				
18	19 Get Fit/Stay Fit w/Jennifer @ 8am Rm # S105 Go4Life w/Laura @ 1-2pm Rm# 105	20 Get Fit/Stay Fit w/Jennifer @ 8am Rm # P204 Zumba Gold w/Jennifer Rm# P204 9:30am 10:30am Line Dance W/Delia 9am-11am Rm#105 SAIL w/Laura @ 1-2pm P206	21 Get Fit/Stay Fit w/Jennifer @ 8am Rm#S105 Go4Life w/Laura @ 1-2pm Rm# 105 Intermediate line Dance w/Tom @1:15pm-2:30pm Rm#105	22 Get Fit Stay Fit 8am-9am Rm#204 Zumba Gold w/Jennifer Rm# P204 SAIL w/Laura @ 1-2pm P206	23 Get Fit/Stay Fit w/Jennifer @ 8am Rm # S105	24
25	26 Get Fit/Stay Fit w/Jennifer @ 8am Rm # S105 Go4Life w/Laura @ 1-2pm Rm# 105	27 Get Fit/Stay Fit w/Jennifer @ 8am Rm # P204 Zumba Gold w/Jennifer Rm# P204 9:30am 10:30am Line Dance W/Delia 9am-11am Rm#105 SAIL w/Laura @ 1-2pm P206	28 Get Fit/Stay Fit w/Jennifer @ 8am Rm#S105 Go4Life w/Laura @ 1-2pm Rm# 105 Intermediate line Dance w/Tom @1:15pm-2:30pm Rm#105	29 HALLOWEEN PARADE 11a-12:30p @Senior Center Stretch & Move @ 9-10am @ Barfield Get Fit Stay Fit 8am-9am Rm#204 Zumba Gold w/Jennifer Rm# P204 SAIL w/Laura @ 1-2pm P206	30 Get Fit/Stay Fit w/Jennifer @ 8am Rm # S105	31 Halloween

Puzzles and Books can be checked at from 8am to 6pm!
Pool Room is open normal operating hours!