

The Gym will be closed for Volleyball on Mondays and Thursdays from 5:00-7:30p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
Pickleball 8-11am 1 Rock Steady 1:30-3pm Painting AMA 5:30pm K&C 6pm Pickleball 7:30-9pm	2 Pound & Tone 4:45pm Men's gym 7-9pm Fitness Training 7pm	3 Cardio Aerobics HIIT 4:30pm	4 Fitness Training 10:30am Rock Steady 1:30-3pm	5 Pickleball 8-11am CLOSING @ 12:00	6 Pound & Tone 9am	
8 Pickleball 8-11am CLOSING 12-4:30pm Pickleball 7:30-9pm	9 AMA HS 9:30am Chair Yoga 10am Rock Steady 1:30-3pm Ask an Advocate 3-5pm Pound & Tone 4:45pm Yoga S&F 5:30pm Men's gym 7-9pm	10 Chair Yoga 9:30am Bingo 1pm CPR 4-8pm Cardio Aerobics HIIT 4:30pm Cardio Drum 5:30pm Watercolors 6:30pm	11 Fitness Training 10:30am Free Clinic 4-8pm	12 Pickleball 8-11am Computer lab w/Jeff 1-4 appoint ONLY Rock Steady 1:30-3pm	13 Pound & Tone 9am Babysitting Class 9-3pm	
15 Pickleball 8-11am Rock Steady 1:30-3pm K&C 6pm Pickleball 7:30-9pm	16 Chair Yoga 10am Pound & Tone 4:45pm Yoga S&F 5:30pm Men's gym 7-9pm Fitness Training 7pm	17 Chair Yoga 9:30am Cardio Aerobics HIIT 4:30pm Cardio Drum 5:30pm Create with me 6:30pm	18 Fitness Training 10:30am	19 Pickleball 8-11am Senior Movie Day 1pm Rock Steady 1:30-3pm	20 K&C 8:30am Pound & Tone 9am	
22 Pickleball 8-11am K&C 6pm Pickleball 7:30-9pm	23 AMA HS 9:30am Chair Yoga 10am Ask an Advocate 3-5pm Pound & Tone 4:45pm Yoga S&F 5:30pm Men's gym 7-9pm	24 Chair Yoga 9:30am Bingo 1pm Computer lab 1-4apt. ONLY Cardio Aerobics HIIT 4:30pm Cardio Drum 5:30pm Community Meal 5pm	25 Fitness Training 10:30am CPR 4-8pm Hearing aid cleaning 4pm WAPF Mtg-7pm-Cafe	26 Pickleball 8-11am	27 K&C 8:30am Pound & Tone 9am	
29 Pickleball 8-11am Rock Steady 1:30-3pm K&C 6pm Pickleball 7:30-9pm	30 Chair Yoga 10am Pound & Tone 4:45pm Yoga S&F 5:30pm Fitness Training 7pm Men's gym 7-9pm					