

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-Fitness Fusion <sup>3</sup> 10:00am-Sit & Fit 11:15am-Meditation	4 No Fitness Classes Today	5 9:00-Fitness Fusion 10:00am- Sit & Fit 11:15am-Meditation	6 9:00am-Senior Aquatic Exercises 10:00am-Water Walking 11:15am-Tai Chi	7
9:00am-Fitness Fusion <sup>10</sup> 10:00am-Sit & Fit 11:15am-Meditation	11 9:00am-Senior Aquatic Exercises 10:00am-Water Walking 11:15am-Yoga Stretch	12 9:00am-Fitness Fusion 10:00am- Sit & Fit 11:15am-Meditation	13 9:00am-Senior Aquatic Exercise 10:00am-Water Walking 11:15am-Yoga Stretch	14
9:00am-Fitness Fusion <sup>17</sup> 10:00am-Sit & Fit 11:15am-Meditation	18 9:00am-Senior Aquatic Exercises 10:00am-Water Walking 11:15am-Yoga Stretch	19 9:00am-Fitness Fusion 10:00am-Sit & Fit <b>11:00am-Conversation Corner (IL Living Room)</b>	20 9:00am-Senior Aquatic Exercises 10:00am-Water Walking 11:00am-Meditation 11:15am-Yoga Stretch	21
9:00am-Fitness Fusion <sup>24</sup> 10:00am-Sit & Fit 11:15am-Meditation	25 9:00am-Senior Aquatic Exercises 10:00am-Water Walking 11:15am-Yoga Stretch	26 9:00am-Fitness Fusion 10:00am-Sit & Fit 11:15am-Meditation	27 9:00am-Senior Aquatic Exercises 10:00am-Water Walking 11:15am-Yoga Stretch	28
31 9:00am-Fitness Fusion 10:00am-Sit & Fit 11:15am-Meditation				