



OCTOBER 2020



ZOOM EXERCISE CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10:00 A.M. CHAIR ZUMBA 2:00 P.M. COFFEE HR	2	3
4 	5 11:00 A.M. ZOOM GOLD TONING W/MARY LEE 3:30 P.M. ARTHRITIS, BALANCE W/MARY LEE	6 11:00 A.M. YOGA W/DONNA 1:00 FIT FOR LIFE W/SILVIA	7 9:30 A.M. CHAIR YOGA W/DIANE 10:00 A.M. ZUMBA GOLD W/MARY LEE 2:00 P.M. ARTHRITIS, BALANCE W/MARY LEE	8 10:00 A.M. CHAIR ZUMBA 2:00 P.M. COFFEE HOUR W/ALI	9	10
11 	12 11:00 A.M. ZOOM GOLD TONING W/MARY LEE 3:30 P.M. ARTHRITIS, BALANCE W/MARY LEE	13 11:00 A.M. YOGA W/DONNA 1:00 FIT FOR LIFE W/SILVIA	14 9:30 A.M. CHAIR YOGA W/DIANE 10:00 A.M. ZUMBA GOLD W/MARY LEE 2:00 P.M. ARTHRITIS, BALANCE W/MARY LEE	15 10:00 A.M. CHAIR ZUMBA 2:00 P.M. COFFEE HOUR W/ALI	16	17
18 	19 11:00 A.M. ZOOM GOLD TONING W/MARY LEE 3:30 P.M. ARTHRITIS, BALANCE W/MARY LEE	20 11:00 A.M. YOGA W/DONNA 1:00 FIT FOR LIFE W/SILVIA	21 9:30 A.M. CHAIR YOGA W/DIANE 10:00 A.M. ZUMBA GOLD W/MARY LEE 2:00 P.M. ARTHRITIS, BALANCE W/MARY LEE	22 10:00 A.M. CHAIR ZUMBA 2:00 P.M. COFFEE HOUR W/ALI	23	24
25 	26 11:00 A.M. ZOOM GOLD TONING W/MARY LEE 3:30 P.M. ARTHRITIS, BALANCE W/MARY LEE	27 11:00 A.M. YOGA W/DONNA 1:00 FIT FOR LIFE W/SILVIA 2:15 TAI CHI, QI GONG, MEDITATION W/EVAN	28 9:30 A.M. CHAIR YOGA W/DIANE 10:00 A.M. ZUMBA GOLD W/MARY LEE 2:00 P.M. ARTHRITIS, BALANCE W/MARY LEE	29 10:00 A.M. CHAIR ZUMBA 2:00 P.M. COFFEE HOUR W/ALI	30	31