



| Sunday   | Monday  | Tuesday                                   | Wednesday   | Thursday   | Friday   | Saturday  |
|--|---|---|---|--|--|---|
| <b>Save Date:</b> <ul style="list-style-type: none"> <li><b>Dec. 6<sup>th</sup>:</b> Education Series: <b>Sleep &amp; PD   Dr. Jeter</b></li> <li><b>Dec. 8<sup>th</sup>:</b> Christmas Party!</li> <li><b>Dec. 29<sup>th</sup>:</b> Roxy's</li> </ul> |   |   |   |  | <b>1</b><br><b>10:30</b> F45<br><b>10:30</b> PWR!/Floor<br><b>10:30</b> Fall Prevention ( <b>Adv.</b> )<br><b>11:30</b> Education Series   Room 105<br><b>Topic:</b> Hearing & Cognition<br><b>Speaker:</b> Dr. Katherine Fitzharris (WSU) | <b>2</b>  |
| <b>3</b>   | <b>4</b><br><b>11:00</b> Movement w/ Music ( <b>Adv.</b> ) & Stretch + Flex ( <b>Basic</b> )<br><b>11:30</b> Aquatics<br><b>12:00</b> Movement w/ Music ( <b>Basic</b> ) & Stretch + Flex ( <b>Adv.</b> )<br><b>12:15</b> Cybex<br><b>1:00</b> WellREP   141 & 143<br><b>1:00</b> Boxing ( <b>Adv.</b> )<br><b>2:00</b> Smart Speech  | <b>5</b>                                  | <b>6</b><br><b>11:30</b> Aquatics & Cardio<br><b>11:30</b> Bal-Vis ( <b>Basic</b> )<br><b>12:15</b> Bal-Vis ( <b>Adv.</b> )<br><b>1:00</b> WellREP COMBINED   141<br><b>1:00</b> Ping Pong & F45<br><b>2:00</b> Yoga  | <b>7</b><br><b>1:00</b> Boxing ( <b>Basic</b> )<br><b>1:45</b> Stretching<br><b>2:15</b> Boxing ( <b>Adv.</b> )  | <b>8</b><br><b>10:30</b> F45<br><b>10:30</b> PWR!/Floor<br><b>10:30</b> Fall Prevention ( <b>Adv.</b> )<br><b>11:30</b> Empowerment Group  | <b>9</b>  |
| <b>10</b>  | <b>11</b><br><b>11:00</b> Movement w/ Music ( <b>Adv.</b> ) & Stretch + Flex ( <b>Basic</b> )<br><b>11:30</b> Aquatics<br><b>12:00</b> Movement w/ Music ( <b>Basic</b> ) & Stretch + Flex ( <b>Adv.</b> )<br><b>12:15</b> Cybex<br><b>1:00</b> WellREP   141 & 143<br><b>1:00</b> Boxing ( <b>Adv.</b> )<br><b>2:00</b> Smart Speech | <b>12</b>                                 | <b>13</b><br><b>11:30</b> Aquatics & Cardio<br><b>11:30</b> Bal-Vis ( <b>Basic</b> )<br><b>12:15</b> Bal-Vis ( <b>Adv.</b> )<br><b>1:00</b> WellREP COMBINED   141<br><b>1:00</b> Ping Pong & F45<br><b>2:00</b> Yoga | <b>14</b><br><b>1:00</b> Boxing ( <b>Basic</b> )<br><b>1:45</b> Stretching<br><b>2:15</b> Boxing ( <b>Adv.</b> ) | <b>15</b><br><b>10:30</b> F45<br><b>10:30</b> PWR!/Floor<br><b>10:30</b> Fall Prevention ( <b>Adv.</b> )<br><b>11:30</b> Empowerment Group   | <b>16</b>   |
| <b>17</b>  | <b>18</b><br><b>11:00</b> Movement w/ Music ( <b>Adv.</b> ) & Stretch + Flex ( <b>Basic</b> )<br><b>11:30</b> Aquatics<br><b>12:00</b> Movement w/ Music ( <b>Basic</b> ) & Stretch + Flex ( <b>Adv.</b> )<br><b>12:15</b> Cybex<br><b>1:00</b> WellREP   141 & 143<br><b>1:00</b> Boxing ( <b>Adv.</b> )<br><b>2:00</b> Smart Speech | <b>19</b>                                 | <b>20</b><br><b>11:30</b> Aquatics & Cardio<br><b>11:30</b> Bal-Vis ( <b>Basic</b> )<br><b>12:15</b> Bal-Vis ( <b>Adv.</b> )<br><b>1:00</b> WellREP COMBINED   141<br><b>1:00</b> Ping Pong & F45<br><b>2:00</b> Yoga | <b>21</b><br><b>1:00</b> Boxing ( <b>Basic</b> )<br><b>1:45</b> Stretching<br><b>2:15</b> Boxing ( <b>Adv.</b> ) | <b>22</b><br><b>10:30</b> F45<br><b>10:30</b> PWR!/Floor<br><b>10:30</b> Fall Prevention ( <b>Adv.</b> )<br><b>11:30</b> Empowerment Group<br><b>12:30</b> Final/Celebration Friday!   | <b>23</b>   |
| <b>24</b>  | <b>25</b><br><b>11:00</b> Movement w/ Music ( <b>Adv.</b> ) & Stretch + Flex ( <b>Basic</b> )<br><b>11:30</b> Aquatics<br><b>12:00</b> Movement w/ Music ( <b>Basic</b> ) & Stretch + Flex ( <b>Adv.</b> )<br><b>12:15</b> Cybex<br><b>1:00</b> WellREP   141 & 143<br><b>1:00</b> Boxing ( <b>Adv.</b> )<br><b>2:00</b> Smart Speech | <b>26</b><br><b>6:15</b> YOPD Empowerment | <b>27</b><br><b>HESKETT CLOSED<br/>NO CLASSES</b>   | <b>28</b><br><b>HESKETT CLOSED<br/>NO CLASSES</b>  | <b>29</b><br><b>HESKETT CLOSED<br/>NO CLASSES</b>  | <b>30</b><br><b>HESKETT CLOSED<br/>NO CLASSES</b> |