November 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 11:45 Aquatics/ Bal-A-Vis -X 1:00 In Motion/F45 2:00 Yoga	3	4 9:15 Nordic Walking 10:00 Empowerment 11:00 Fall Prevention 12:00: Lunch social	5
6	7 11:45 Aquatics/ Strength Training 1:00 In Motion/ F45 2:00 Cognition/Voice	8	9 11:45 Aquatics/ Bal-A-Vis -X 1:00 In Motion/F45 2:00 Yoga	10	11 9:15 Nordic Walking 10:00 Empowerment 11:00 Fall Prevention 12:00: Lunch social	12
13	14 11:45 Aquatics/ Strength Training 1:00 In Motion/ F45 2:00 Cognition/Voice	15	16 11:45 Aquatics/ Bal-A-Vis -X 1:00 In Motion/F45 2:00 Yoga	17	18 Celebration Friday! 9:15 Nordic Walking 10:00 Empowerment 11:00 Fall Prevention 12:00: Lunch social	19
20	21 11:45 Aquatics/ Strength Training 1:00 In Motion/ F45 2:00 Cognition/Voice	22	23 11:45 Aquatics/ Bal-A-Vis -X 1:00 In Motion/F45 2:00 Yoga	24 ****Heskett Closed****	25 ****Heskett Closed****	26 ****Heskett Closed****
27 ****Heskett Closed****	28 11:45 Aquatics/ Strength Training 1:00 In Motion/ F45 2:00 Cognition/Voice	29	30 11:45 Aquatics/ Bal-A-Vis -X 1:00 In Motion/F45 2:00 Yoga			

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