

Austin Classes September 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
For more information about Aging is Cool, www.agingiscool.com Questions? info@agingiscool.com 512.790.(COOL) 2665						1
2	3 LABOR DAY	4 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	5 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	6 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	7 Stay Stretching (with Damien- bring a mat) 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg) Let's Dance 7:30 p.m. Lamar Senior Center 2874 Shoal Crest Ave, 78705	8
9	10	11 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	12 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	13 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	14 Stay Strong 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	15
16	17 Stay Social 1 p.m. Patsy's Cowgirl Café, 5001 E Ben White Blvd, 78741	18 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	19 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	20 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	21 Stay Strong 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	22
23	24	25 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	26 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane	27 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	28 Yoga (with Amy Martin- bring a mat) 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)	29

