

Austin Classes November 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<p>For more information about Aging is Cool, www.agingiscool.com Questions? info@agingiscool.com 512.790.(COOL) 2665</p>				<p>1 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)</p> <hr/> <p>Austin Sr Games</p>	<p>2 Stay Strong 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)</p> <hr/> <p>Austin Senior Games</p>	<p>3 Austin Senior Games</p>
4	5	<p>6 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)</p>	<p>7 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane</p>	<p>8 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)</p>	<p>9 Stay Stretching (with Damien- bring a mat) 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)</p>	10
11	<p>12 Stay Social 1 p.m. Group Tour of Neverlandia \$15 per person 305 W. Milton RSVP to amy@agingiscool.com</p>	<p>13 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)</p>	<p>14 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane</p>	<p>15 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)</p>	<p>16 Stay Strong 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)</p>	17
18	19	<p>20 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300</p>	<p>21 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane</p>	<p>22 Thanksgiving Day</p>	<p>23 No class today</p>	24
25	26	<p>27 Stay Strong 9 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300</p>	<p>28 Stay Smart 1:30 p.m. Elan SouthPark 9320 Alice Mae Lane</p>	<p>29 Stay Strong 11 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300 (Bravo Bldg)</p>	<p>30 Yoga (with Amy Martin- bring a mat) 10 a.m. Balance Dance 4544 S. Lamar, Ste #200/#300</p>	