

SUN	MON	TUE	WED	THUR	FRI	SAT
	1 8:30 Tai Chi (973) 9:45 Aqua Balance and Strength (JAC) 10:45 Smart Bells (AR) 2:00 ABC's (AR)	2 8:00 Walking Group (FC) 9:45 Aquacise (JAC) 10:45 Smart Bells II (AR) 11:30 Cornhole (AR) 1:00 Small Group Strength Session (AR) 2:15 Hatha Yoga: Mixed Level (AR)	3 9:45 Aqua Balance and Strength (JAC) 10:45 Smart Bells (AR) 2:00 ABC's (AR)	4 8:30 Morning Core (973) 9:45 Aquacise (JAC) 10:45 Smart Bells II (AR) 11:30 Bold Moves (AR) 1:00 Small Group Strength Session (AR) 2:15 Chair Yoga (AR)	5 8:00 Walking Group (FC) 10:45 Smart Bells (AR) 11:30 Cornhole (AR)	6 8:00 Walking Group (FC) 10:45 Smart Bells (AR) 11:30 Cornhole (AR)
	8 8:30 Tai Chi (973) 9:45 Aqua Balance and Strength (JAC) 10:45 Smart Bells (AR) 2:00 ABC's (AR)	9 8:00 Walking Group (FC) 9:45 Aquacise (JAC) 10:45 Smart Bells II (AR) 11:30 Cornhole (AR) 1:00 Small Group Strength Session (AR) 2:15 Hatha Yoga: Mixed Level (AR)	10 9:45 Aqua Balance and Strength (JAC) 10:45 Smart Bells (AR) 2:00 ABC's (AR)	11 8:30 Morning Core (973) 9:45 Aquacise (JAC) 10:45 Smart Bells II (AR) 11:30 Bold Moves (AR) 1:00 Small Group Strength Session (AR) 2:15 Chair Yoga (AR)	12 8:00 Walking Group (FC) 10:45 Smart Bells (AR) 11:30 Cornhole (AR)	13 8:00 Walking Group (FC) 10:45 Smart Bells (AR) 11:30 Cornhole (AR)
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	29 8:30 Tai Chi (973) 9:45 Aqua Balance and Strength (JAC) 10:45 Smart Bells (AR) 2:00 ABC's (AR)	30 LOCATION KEY AR - Aerobics Room 973 - Channel 973 FC - Fitness Center JAC - Jefferson Aquatic Center				