

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY AR - Aerobics Room 973 - Channel 973 FC - Fitness Center JAC - Jefferson Aquatic Center					8:00 Walking Group (FC) 1 10:30 Smart Bells (AR) 11:15 Cornhole (AR)	2
Daylight Savings Time Ends 3	8:30 Tai Chi (973) 4 9:45 Aquafit (JAC) 10:30 Smart Bells (AR) 3:00 ABC's (AR)	8:00 Walking Group (FC) 5 9:45 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Cornhole (AR)	9:45 Aqua Balance and Strength (JAC) 6 10:30 Smart Bells (AR) 1:00 Riverside Strides 1:30 Posture 101 (AR) 3:00 ABC's (AR) 3:35 Quick Core (AR)	8:30 Morning Core (973) 7 9:45 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Bold Moves (AR) 1:00 Chair Yoga (AR)	8:00 Walking Group (FC) 8 10:30 Smart Bells (AR) 11:15 Cornhole (AR)	9
10	Veterans Day 11 8:30 Tai Chi (973) 9:45 Aquafit (JAC) 10:30 Smart Bells (AR) 3:00 ABC's (AR)	12 8:00 Walking Group (FC) 9:45 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Cornhole (AR) 1:00 Hatha Yoga: Mixed Level (AR)	13 9:45 Aqua Balance and Strength (JAC) 10:30 Smart Bells (AR) 1:30 Posture 101 (AR) 3:00 ABC's (AR) 3:35 Quick Core (AR)	14 8:30 Morning Core (973) 9:45 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Bold Moves (AR) 1:00 Chair Yoga (AR)	15 8:00 Walking Group (FC) 10:30 Smart Bells (AR) 11:15 Cornhole (AR)	16
17	18 8:00 Gratitude Post Office (Simms Center Triangles) 8:30 Tai Chi (973) 9:45 Aquafit (JAC) 10:30 Smart Bells (AR) 3:00 ABC's (AR)	19 8:00 Walking Group (FC) 9:45 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Cornhole (AR)	20 9:45 Aqua Balance and Strength (JAC) 10:30 Smart Bells (AR) 1:30 Posture 101 (AR) 3:00 ABC's (AR) 3:35 Quick Core (AR)	21 8:30 Morning Core (973) 9:45 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Bold Moves (AR) 1:00 Chair Yoga (AR)	22 8:00 Walking Group (FC) 10:30 Smart Bells (AR) 11:15 Cornhole (AR) 2:00 Cardio Drumming (AR)	23
24	25 8:30 Tai Chi (973) 9:45 Aquafit (JAC) 10:30 Smart Bells (AR) 2:00 Gobble and Go Cardio (AR) 3:00 ABC's (AR)	26 8:00 Walking Group (FC) 9:45 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Cornhole (AR) 1:00 Hatha Yoga: Mixed Level (AR)	27 9:45 Aqua Balance and Strength (JAC) 10:30 Smart Bells (AR) 1:30 Posture 101 (AR) 3:00 ABC's (AR) 3:35 Quick Core (AR)	Thanksgiving 28	29	30

November 2024

