

SUN	MON	TUE	WED	THUR	FRI	SAT
		8:00 Walking Group (FC) 1 9:45 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Cornhole (AR) 1:00 Yoga (AR)	Rosh Hashanah 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) 2	8:30 Morning Core (973) 3 9:45 Aquacise (JAC) 10:30 Smart Bells II (AR) 10:30 Inflatable Boat Race: Dive into Fun! (JAC) 11:15 Bold Moves (AR) 1:00 Chair Yoga (AR)	8:00 Walking Group (FC) 4 10:30 Smart Bells (AR) 11:15 Cornhole (AR)	5
6	8:30 Tai Chi (973) 7 9:45 Aquafit (JAC) 10:30 Smart Bells (AR) 3:00 ABC's (AR)	8:00 Walking Group (FC) 8 9:45 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Cornhole (AR)	9:45 Aqua Balance and Strength (JAC) 9 10:30 Smart Bells (AR) 1:30 Posture 101 (AR) 3:00 ABC's (AR) 3:35 Quick Core (AR)	8:30 Morning Core (973) 10 9:45 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Bold Moves (AR) 1:00 Chair Yoga (AR)	Yom Kippur Begins 11 8:00 Walking Group (FC) 10:30 Smart Bells (AR) 11:15 Cornhole (AR)	Yom Kippur Ends 12
13	Indigenous Peoples' Day 14 8:30 Tai Chi (973) 9:45 Aquafit (JAC) 10:30 Smart Bells (AR) 3:00 ABC's (AR)	8:00 Walking Group (FC) 15 9:45 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Cornhole (AR) 1:00 Yoga (AR)	8:00 Small Group Strength Session (AR) 16 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)	8:30 Morning Core (973) 17 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) 18 10:30 Smart Bells (AR) 11:15 Cornhole (AR)	19
20	8:30 Tai Chi (973) 21 9:45 Aquafit (JAC) 10:30 Smart Bells (AR) 3:00 ABC's (AR)	8:00 Walking Group (FC) 22 9:45 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Cornhole (AR)	9:45 Aqua Balance and Strength (JAC) 23 10:30 Smart Bells (AR) 1:30 Posture 101 (AR) 3:00 ABC's (AR) 3:35 Quick Core (AR)	8:30 Morning Core (973) 24 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) 25 10:30 Smart Bells (AR) 11:15 Cornhole (AR) 2:30 Small Group Strength Session (AR)	26
27	8:30 Tai Chi (973) 28 9:45 Aquafit (JAC) 10:30 Smart Bells (AR) 3:00 ABC's (AR)	8:00 Walking Group (FC) 29 9:45 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Cornhole (AR) 1:00 Yoga (AR)	9:45 Aqua Balance and Strength (JAC) 30 10:30 Smart Bells (AR) 1:30 Posture 101 (AR) 3:00 ABC's (AR) 3:35 Quick Core (AR)	Halloween 8:30 Morning Core (973) 31 9:45 Aquacise (JAC) 10:30 Smart Bells II (AR) 11:15 Bold Moves (AR) 1:00 Chair Yoga (AR)	LOCATION KEY AR - Aerobics Room 973 - Channel 973 FC - Fitness Center JAC - Jefferson Aquatic Center	

October 2024

