



# December

2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 NO EXERCISE	2 <u>Tone/Strength w/Lynn 10:00</u>	3 <u>Tai Chi 9:30</u>	4
5 <u>Aerobics w/ Mary 9:15</u> <u>Tai Chi 12:15</u>	6 <u>Chair Yoga Lynn 9am</u> <u>Tai Chi 1pm</u>	7 <u>Tai Chi 9:30</u> <u>Chair Yoga w/Mary 12:15</u>	8 <u>Mat Yoga 8:30</u> <u>ExerciseDVD 10am</u>	9 <u>TAI CHI 9:00</u> <u>Tone/Strength w/Lynn 10:00</u>	10 <u>Tai Chi 9:30</u>	11
12 <u>Aerobics w/ Mary 9:15</u> <u>Tai Chi 12:15</u>	13 <u>Chair Yoga Lynn 9am</u>	14 <u>Tai Chi 9:30</u> <u>Chair Yoga w/ Mary 12:15</u>	15 <u>Mat Yoga 8:30</u> <u>ExerciseDVD 10am</u>	16 <u>Tone/Strength w/Lynn 10:00</u>	17 <b>NO TAI CHI</b> <u>Chair Yoga DVD 9:30</u>	18
19 <u>Aerobics w/Mary 9:15</u> <b>NO TAI CHI</b>	20 <u>Chair Yoga Lynn 9am</u>	21 <u>Tai Chi 9:30</u> <b>NO CHAIR YOGA w/Mary</b>	22 <u>Mat Yoga 8</u> <u>Exercise Lynn 10am</u>	23 <u>Chair Yoga Mary 9am</u> <u>Tone/Strength w/Lynn 10:00</u>	24 DEC 24 CLOSED	25
DEC 26 <sup>th</sup> CLOSED	27 <u>Chair Yoga Lynn 9am</u>	28 <u>Tai Chi 9:30</u> <u>Chair Yoga w/ Lynn 12:15</u>	29 <u>Mat Yoga 8</u> <u>Exercise Lynn 10am</u>	30 <b><u>TAI CHI CLASS &amp; PARTY</u></b> 9:30 am	31 DEC 31 CLOSED	Jan 1
JAN 2 <sup>nd</sup> - CLOSED						

