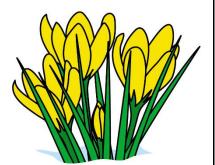




Retirement PAL Team CONTACT INFO:

Andrew Soumbos (PAL Coordinator, R.Kin) = 1887 Olivia Thompson (PAL Coordinator, R.Kin) = 1887



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	EXERCISE LOCATIONS		1	2	3	4
			10 AM – Sit & Be Fit w/ Olivia (F)		10 AM – Sit & Be Fit	10 AM – Sit & Be Fit
	F = Florence Meares Senior Centr	e	11 AM – Fit for Life (bands)	10 AM – Sit & Be Fit w/ Andrew (F)	w/ Olivia (F)	w/ Olivia (F)
	B = Basement Fitness Center		w/ Andrew (B)	11 AM – Sit & Be Fit w/ Olivia (F)	11 AM – Sit & Be Fit	11 AM – Fit for Life
	C = Café		11 AM – Sit & Be Fit w/ Olivia (F)	4 PM – Strength Training w/ Olivia (B)	w/ Olivia (F)	w/ Olivia (B)
	HS = Hobby Shop		4 PM – Balance Class w/ Olivia (F)	(2)	.,	, (2)
	113 – Hobby Shop				Andrew off	Andrew off
5	6	7	8	9	10	11
3	8	,	8	9	Happy Birthday Olivia!	11
	10 AM – Sit & Be Fit	10 AM – Sit & Be Fit w/ Olivia (F)	10 AM – Sit & Be Fit w/ Olivia (F)		парру віннацу Опла:	10 AM – Sit & Be Fit
11 AM – Strength Training	w/ Andrew (F)	11 AM – Sit & Be Fit w/ Only a (F)	11 AM – Sit & Be Fit W/ Olivia (F)	10 AM – Sit & Be Fit w/ Andrew (F)	10 AM – Sit & Be Fit	w/ Andrew (F)
w/ Olivia (B)	11 AM – Fit for Life	4 PM – Afternoon Stretching	w/ Andrew (B)	11 AM – Sit & Be Fit w/ Allurew (F)	w/ Olivia (F)	11 AM – Fit for Life
W/ Olivia (B) I PM – Drum Fit w/ Olivia (F)	w/ Andrew (B)	w/ Olivia (F)	w/ Andrew (в) 11 AM – Sit & Be Fit w/ Olivia (F)	3 PM – Smoothie Social (HS)	w/ Olivia (F) 11 AM – Sit & Be Fit	w/ Andrew (B)
4 PIVI – Drum Fit Wy Olivia (F)		w/ Olivia (F)	• • •	• •		w/ Allulew (b)
	4 PM – Osteopathy Information Session 2		3:30 PM – Train the Trainer (C)	4 PM – Strength Training w/ Olivia (B)	w/ Olivia (F)	
Andrew off	w/ Andrew (F)				Androwoff	Olivia off
Andrew Ojj	Olivia off				Andrew off	Olivia ojj
12	13	14	15	16	17	18
12	13	14	Happy Birthday Andrew!	10	ST. PATRICKS DAY	16
	10 AM – Sit & Be Fit	10 AM – Sit & Be Fit w/ Olivia (F)	парру віннацу Анагем:		31. PAIRICKS DAT	
	w/ Andrew (F)	11 AM – Sit & Be Fit w/ Onlyla (F)	10 AM – Sit & Be Fit w/ Olivia (F)	10 AM – Sit & Be Fit w/ Andrew (F)	10 AM – Sit & Be Fit	
NO PAL PROGRAMS TODAY.	11 AM – Fit for Life	4 PM – Afternoon Stretching	11 AM – Sit & Be Fit W/ Olivia (F)	11 AM – Sit & Be Fit w/ Allurew (F)	w/ Olivia (F)	NO PAL PROGRAMS TODAY.
NO PAL PROGRANIS TODAT.	w/ Andrew (B)	w/ Olivia (F)	w/ Andrew (B)	4 PM – Strength Training w/ Olivia (B)	11 AM – Sit & Be Fit	NO FAL PROGRAIVIS TODAT.
	W/ Allulew (B)	w/ Olivia (F)	11 AM – Sit & Be Fit w/ Olivia (F)	4 PW - Strength framing w/ Onvia (b)	w/ Olivia (F)	
			4 PM – Balance Class w/ Olivia (F)		w/ Olivia (F)	
Olivia off	Olivia off		4 FIVI - Balance Class W/ Olivia (1)		Andrew off	Andrew & Olivia off
19	20	21	22	23	24	25
	10 AM – Sit & Be Fit		10 AM – Sit & Be Fit w/ Andrew (F)			10 AM – Sit & Be Fit
	w/ Andrew (F)	10 AM – Sit & Be Fit w/ Andrew (F)	11 AM – Fit for Life (bands)	10 AM – Sit & Be Fit w/ Andrew (F)		w/ Andrew (F)
NO PAL PROGRAMS TODAY.	11 AM – Fit for Life	11 AM – Sit & Be Fit w/ Andrew (F)	w/ Andrew (B)	11 AM – Sit & Be Fit w/ Andrew (F)	NO PAL PROGRAMS TODAY.	11 AM – Fit for Life
	w/ Andrew (B)		4 PM – Balance Class w/ Andrew (F)			w/ Andrew (B)
Andrew C. Olivier C.	Olivier - Ef	Olivier - #	Olivier - M	Olivie eff	Andrew C. Olivia C.	Olivir W
Andrew & Olivia off	Olivia off	Olivia off	Olivia off	Olivia off	Andrew & Olivia off	Olivia off
26	27	28	29	30	31	As a reminder, <i>please alw</i>
	10 AM – Sit & Be Fit	10 AM – Sit & Be Fit w/ Olivia (F)	10 AM – Sit & Be Fit w/ Olivia (F)		10 AM – Sit & Be Fit	check the daily poster bo
	w/ Andrew (F)	11 AM – Sit & Be Fit w/ Andrew (F)	11 AM – Fit for Life (bands)	10 AM – Sit & Be Fit w/ Andrew (F)	w/ Olivia (F)	on Main Street for any cha
NO PAL PROGRAMS TODAY.	11 AM – Fit for Life	4 PM – Afternoon Stretching	w/ Andrew (B)	11 AM – Sit & Be Fit w/ Allulew (F)	11 AM – Sit & Be Fit	to the schedule/room loca
NOTALT NOUNAWS TODAT.	w/ Andrew (B)	w/ Olivia (F)	11 AM – Sit & Be Fit w/ Olivia (F)	4 PM – Strength Training w/ Olivia (B)	w/ Olivia (F)	
	, /diew (b)	, 5	4 PM – Balance Class w/ Olivia (F)	The strength Haming W/ Shirt (b)	,	Sign-up is not required
			The Balance class w/ Chivia (1)			
Olivia off	Olivia off			i	Andrew off	attend any PAL program