

PAL Exercise Calendar September



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Sit Down Tone Up (West) Posture (East)	2
3 Posture (West) Stretching & ROM (East)	4 Sit Down & Tone Up (West) Sit up & Tone Up (East)	5 Walking Club	6 Sit Down & Tone Up (East)	7 Sit Down Tone Up (West) Posture (East)	8	9
10 Posture (West) Stretching & ROM (East)	11 Sit Down & Tone Up (West) Sit up & Tone Up (East)	12 Walking Club	13 Sit Down & Tone Up (East)	14 Sit Down Tone Up (West)	15	16 Posture (East)
17 Stretching & ROM (East)	18 Posture (West)	19 Ball Exercises (West) Sit down & Tone Up (East)	20 Sit Down and Tone Up (West) Ball Exercise (East)	21 Sit Down & Tone Up (East)	22 Sit Down Tone Up (West) Posture (East)	23
24 Posture (West) Stretching & ROM (East)	25 Ball Exercises (West) Sit down & Tone Up (East)	26 Sit Down and Tone Up (West) Ball Exercise (East)	27 Sit Down & Tone Up (East)	28 Sit Down Tone Up (West) Posture (East)	29	30