


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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November

Caleb Away from Village

Group Exercise Classes:

- Standing Balance
- Tai Chi
- Drum Fit
- Seated Yoga
- Cardio Fit
- Strength
- Pilates



3 10:00 Oaklands Total Body Fitness 11:00 Nelson Total Body Fitness 1:45 Basketball and Ball Toss	4 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 1:45 Sweat Squad	5 10:15 Standing Balance 1:45 Group Fitness (Cardio)	6 9:15 Nelson Fun & Fit 11:00 Appleby Total Body Fitness 11:15 Oaklands Fun & Fit 1:00 Brant Total Body Fitness 3:00 Bronte Total Body Fitness	7 11:15 Brant Fun & Fit 11:30 Basketball & Ball Toss 1:45 Seated Yoga	1 10:45 Line Dancing 1:45 Drum Fit (North Tower)	2 10:15 Morning Tai Chi 11:15 Bronte Total Body Fitness 2:00 Appleby Total Body Fitness
10 Laura Off	11 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 1:45 Sweat Squad	12 10:15 Standing Balance 1:45 Group Fitness (Strength)	13 9:15 Nelson Fun & Fit 11:00 Appleby Total Body Fitness 11:15 Oaklands Fun & Fit 1:00 Brant Total Body Fitness 3:00 Bronte Total Body Fitness	14 11:15 Brant Fun & Fit 11:30 Basketball & Ball Toss 1:45 Seated Yoga	8 11:00 Line Dancing 1:45 Drum Fit (North Tower)	9 Laura Off
17	18 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 1:45 Sweat Squad	19 10:15 Standing Balance 1:45 Group Fitness (Cardio)	20 9:15 Nelson Fun & Fit 11:00 Appleby Total Body Fitness 11:15 Oaklands Fun & Fit 1:00 Brant Total Body Fitness 3:00 Bronte Total Body Fitness	21 11:15 Brant Fun & Fit 11:30 Basketball & Ball Toss 1:45 Seated Yoga	22 11:00 Line Dancing 1:45 Drum Fit (North Tower)	23 10:15 Morning Tai Chi 11:15 Bronte Total Body Fitness 2:00 Appleby Total Body Fitness
24 10:00 Oaklands Total Body Fitness 11:00 Nelson Total Body Fitness 1:45 Basketball and Ball Toss	25 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 1:45 Sweat Squad	26 10:15 Standing Balance 1:45 Group Fitness (Strength)	27 9:15 Nelson Fun & Fit 11:00 Appleby Total Body Fitness 11:15 Oaklands Fun & Fit 1:00 Brant Total Body Fitness 3:00 Bronte Total Body Fitness	28 11:15 Brant Fun & Fit 11:30 Basketball & Ball Toss 1:45 Seated Yoga	29 11:00 Line Dancing 1:45 Drum Fit (North Tower)	30