Tuesday Wednesday Thursday Saturday Sunday Monday **Friday**

AUGUST

Program for Active Living



10:00 Sit and Be Fit (F) 11:00 Chair Zumba (F) 4:15 Standing Strong (F)

10:00 Sit and Be Fit (F) 11:00 Fit on your feet (F)

2

11:00 Morning Stretching (F) 4:00 Strength and Conditioning (B))	4 WILFRED SCHLEGEL DAY 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	10:00 Sit and Be fit (F) 4:00 Strength and Conditioning (B))	10:00 Sit and Be Fit (F) 11:00 Fit on your feet (F) 4:00 Standing Strong (F)	7 10:00 Sit and Be Fit (F) 3:00 Hand Therapy (H) 4:05 Yoga/Tai Chi (F)	10:00 Sit and Be Fit (F) 11:00 Chair Zumba (F) 4:15 Standing Strong (F)	10:00 Sit and Be Fit (F) 11:00 Fit on your feet (F)
10 11:00 Morning Stretching (F) 4:00 Strength and Conditioning (B))	10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	10:00 Sit and Be fit (F) 11:00 Fit on Your Feet (F) 2:30 Balance Bars (Sign Up) 4:00 Strength and Conditioning (B))	13 10:00 Sit and Be Fit (F) 11:30 Brain and Body Exercise Video (TH) 4:00 Standing Strong (F)	14 10:00 Sit and Be Fit (F) 3:00 Hand Therapy (H) 4:05 Yoga/Tai Chi (F)	15 10:00 Sit and Be Fit (F) 11:00 Chair Zumba (F) 4:15 Standing Strong (F)	16 10:00 Sit and Be Fit (F) 11:00 Fit on your feet (F)
11:00 Morning Stretching (F) 4:00 Strength and Conditioning (B))	10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	19 10:00 Sit and Be fit (F) 11:00 Fit on Your Feet (F) 2:30 Balance Bars (Sign Up) 4:00 Strength and Conditioning (B))	10:00 Sit and Be Fit (F) 11:00 Fit on your feet (F) 4:00 Standing Strong (F)	9:20 Swimming (F) (Sign up) 3:00 Hand Therapy (H) 4:05 Sit and Be Fit (F)	10:00 Sit and Be Fit (F) 11:00 Chair Zumba (F) 4:15 Standing Strong (F)	10:00 Sit and Be Fit (F) 11:00 Fit on your feet (F)
24 11:00 Morning Stretching (F) 4:00 Strength and Conditioning (B))	10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Outdoor Walk (T)	10:00 Sit and Be fit (F) 11:00 Fit on Your Feet (F) 2:30 Balance Bars (Sign Up) 4:00 Strength and Conditioning (B))	10:00 Sit and Be Fit (F) 11:00 Fit on your feet (F) 4:00 Standing Strong (F)	9:20 Swimming (F) (Sign up) 3:00 Hand Therapy (H) 4:05 Sit and Be Fit (F)	29 Rest day	10:00 Sit and Be Fit (F) 11:00 Fit on your feet (F)
31						

11:00 Morning Stretching (F) 4:00 Strength and Conditioning (B))

*Please Always check the daily poster boards on Main Street for any changes to the schedule

PAL Coordinators (Ext. 1887)

Bhavini Mistry Ben Weiler

Legend

F— Florence Meares Seniors Center

TH—Town Hall

B – Basement Fitnes center

