

OCTOBER

PROGRAM OF ACTIVE LIVING

Legend

E - Eby
N - Newberry
T - Trussler
STR - Strasburg
A - Aberdeen

R - Roseville
K - Kingsdale
S - Sandhills
W - Waldau
H - Haysville



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Total Body Fitness - A 3:00 Total Body Fitness - K 3:30 Taichi - H	2 10:00 Total Body Fitness - N 11:00 Fun and Fitness - H 3:30 Taichi - STR 3:30 Fun and Fitness - W	3 10:00 Total Body Fitness - R 11:00 Total Body Fitness - S 2:45 Hand Therapy - A	4
5	6 10:00 Total Body Fitness - K 11:00 Total Body Fitness - S 3:00 Fun and Fitness - A 3:00 Fun and Fitness - R 3:30 Hand Therapy - T	7 10:00 Total Body Fitness - STR 11:00 Total Body Fitness - T 3:30 Total Body Fitness - E	8 10:00 Total Body Fitness - A 3:00 Total Body Fitness - K 3:30 Taichi - H	9 10:00 Total Body Fitness - N 11:00 Fun and Fitness - H 3:30 Taichi - STR 3:30 Fun and Fitness - W	10 10:00 Total Body Fitness - R 11:00 Total Body Fitness - S 2:45 Hand Therapy - K	11
12	13 Thanksgiving	14 10:00 Total Body Fitness - STR 11:00 Total Body Fitness - T 3:30 Total Body Fitness - E	15 10:00 Total Body Fitness - A 3:00 Total Body Fitness - K 3:30 Taichi - H	16 10:00 Total Body Fitness - N 11:00 Fun and Fitness - H 3:30 Taichi - STR 3:30 Fun and Fitness - W	17 10:00 Total Body Fitness - R 11:00 Total Body Fitness - S 2:45 Hand Therapy - STR	18
19	20 10:00 Total Body Fitness - K 11:00 Total Body Fitness - S 3:00 Fun and Fitness - A 3:00 Fun and Fitness - R 3:30 Hand Therapy - H	21 10:00 Total Body Fitness - STR 11:00 Total Body Fitness - T 3:30 Total Body Fitness - E	22 10:00 Total Body Fitness - A 3:00 Total Body Fitness - K 3:30 Taichi - H	23 10:00 Total Body Fitness - N 11:00 Fun and Fitness - H 3:30 Taichi - STR 3:30 Fun and Fitness - W	24 10:00 Total Body Fitness - R 11:00 Total Body Fitness - S 2:45 Hand Therapy - A	25
26	27 10:00 Total Body Fitness - K 11:00 Total Body Fitness - S 3:00 Fun and Fitness - A 3:00 Fun and Fitness - R 3:30 Hand Therapy - E	28 10:00 Total Body Fitness - STR 11:00 Total Body Fitness - T 3:30 Total Body Fitness - E	29 10:00 Total Body Fitness - A 3:00 Total Body Fitness - K 3:30 Taichi - H	30 10:00 Total Body Fitness - N 11:00 Fun and Fitness - H 3:30 Taichi - STR 3:30 Fun and Fitness - W	31 10:00 Total Body Fitness - R 11:00 Total Body Fitness - S 2:45 Hand Therapy - K	