

NOVEMBER

Fall Prevention Month

2 2:30 Balance - SC	3 10:15 Swim Fit (sign-ups) 10:30 Hand Therapy - SH 3:00 Stretch and Strengthen - SC 3:30 Level 1 - SC	4 10:30 Women’s Fitness - SC 2:00 Chair Yoga - SC 3:30 Level 1 - SC	5 2:00 Level 2 - SC 3:30 Level 1 - SC	6 2:00 Balance -SC 3:30 Level 1 - SC	7 10:30 Men’s Strength Training - SC 2:00 Cardio Blast - SC	1 2:00 Level 2 - SC
9	10 10:15 Swim Fit (sign-ups) 10:30 Hand Therapy - SH 3:00 Stretch and Strengthen - SC 3:30 Level 1 - SC	11 Remembrance Day 2:00 Chair Yoga - SC 3:30 Level 1 - SC	12 2:00 Level 2 - SC 3:30 Level 1 - SC	13 2:00 Balance - SC 3:30 Level 1 - SC	14 10:30 Men’s Strength Training - SC	15 10:00 Level 2 - SC
16 2:30 Balance - SC	17 10:15 Swim Fit (sign-ups) 10:30 Hand Therapy - SH 3:00 Stretch and Strengthen - SC 3:30 Level 1 - SC	18 10:30 Women’s Fitness - SC 2:00 Chair Yoga - SC 3:30 Level 1 - SC	19 10:30 Fall Education - TH 2:00 Level 2 - SC 3:30 Level 1 - SC	20 2:00 Balance - SC 3:30 Level 1 - SC	21 10:30 Men’s Strength Training - SC 2:00 Cardio Blast - SC	22
23 2:30 Balance - SC	24 10:15 Swim Fit (sign-ups) 10:30 Hand Therapy - SH 2:30 Balance Obstacle Course - TH 3:30 Level 1 - SC	25 10:30 Women’s Fitness - SC 2:00 Chair Yoga - SC 3:30 Level 1 - SC	26 2:00 Level 2 - SC 3:30 Level 1 - SC	27 2:00 Balance - SC 3:30 Level 1 - SC	28 10:30 Men’s Strength Training - SC 2:00 Cardio Blast - SC	29