



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>LOCATIONS</b></p> <p>B = Basement Fitness Center      C = Café on Main Street</p> <p>F = Florence Meares Senior Centre      T = Meet at Town Hall</p>				1	2	3
				<p>10 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>11 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>4 PM – Strength Training w/ Olivia (B)</p> <p><i>Andrew off</i></p>	<p>10 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>11 AM – Fit for Life w/ Olivia (B)</p> <p>4 PM – Outdoor Walk w/ Olivia (T)</p> <p><i>Andrew off</i></p>	<p>10 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>11 AM – Fit for Life w/ Olivia (B)</p> <p><i>Andrew off</i></p>
4	5 <b>LABOUR DAY</b>	6	7	8	9	10
<p>11:15 AM – Outdoor Walk w/ Olivia (T)</p> <p>4 PM – Afternoon Stretching w/ Olivia (F)</p> <p><i>Andrew off</i></p>	<p>10 AM – Fit for Life w/ Andrew (B)</p> <p>11 AM – Sit &amp; Be Fit w/ Andrew (F)</p> <p><i>Olivia off</i></p>	<p>10 AM – Sit &amp; Be Fit w/ Andrew (F)</p> <p>11 AM – Fit for Life w/ Andrew (B)</p> <p><i>Olivia off</i></p>	<p>10 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>10 AM – Fit for Life (bands) w/ Andrew (B)</p> <p>11 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>1 – 3 PM – Terry Fox Donations (C)</p> <p>4 PM – Balance Class w/ Olivia (F)</p>	<p>10 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>11 AM – Fit for Life (bands) w/ Andrew (B)</p> <p>11 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>4 PM – Strength Training w/ Olivia (B)</p>	<p>10 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>11 AM – Fit for Life w/ Olivia (B)</p> <p>4 PM – Outdoor Walk w/ Olivia (T)</p> <p><i>Andrew off</i></p>	<p>10 AM – Sit &amp; Be Fit w/ Andrew (F)</p> <p>11 AM – Fit for Life w/ Andrew (B)</p> <p><i>Olivia off</i></p>
11	12	13	14	15	16	17
<p>NO PAL PROGRAMS TODAY.</p> <p><i>Olivia off</i></p>	<p>10 AM – Fit for Life w/ Andrew (B)</p> <p>11 AM – Sit &amp; Be Fit w/ Andrew (F)</p> <p><i>Olivia off</i></p>	<p>10 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>11 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>11 AM – Fit for Life w/ Andrew (B)</p> <p>3 PM – Nordic Pole Walking w/ Olivia (T)</p> <p>4 PM – Afternoon Stretching w/ Olivia (F)</p>	<p>10 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>10 AM – Fit for Life (bands) w/ Andrew (B)</p> <p>11 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>1 – 3 PM – Terry Fox Donations (C)</p> <p>4 PM – Balance Class w/ Olivia (F)</p>	<p>NO PAL PROGRAMS TODAY.</p> <p><i>Andrew &amp; Olivia Away</i></p>	<p>10 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>11 AM – Fit for Life w/ Olivia (B)</p> <p>4 PM – Outdoor Walk w/ Olivia (T)</p> <p><i>Andrew off</i></p>	<p>10 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>11 AM – Fit for Life w/ Olivia (B)</p> <p><i>Andrew off</i></p>
18	19	20	21	22	23	24
<p>11 AM – Strength Training w/ Olivia (B)</p> <p><b>Terry Fox Walk – 3 PM</b> (Meet at Back Patio by the Pond)</p> <p><i>Andrew off</i></p>	<p>10 AM – Fit for Life w/ Andrew (B)</p> <p>11 AM – Sit &amp; Be Fit w/ Andrew (F)</p> <p><i>Olivia off</i></p>	<p>10 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>11 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>11 AM – Fit for Life w/ Andrew (B)</p> <p>3 PM – James Bond Event (C)</p>	<p>10 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>10 AM – Fit for Life (bands) w/ Andrew (B)</p> <p>11 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>4 PM – Balance Class w/ Olivia (F)</p>	<p>10 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>11 AM – Fit for Life (bands) w/ Andrew (B)</p> <p>11 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>4 PM – Strength Training w/ Olivia (B)</p>	<p>10 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>11 AM – Fit for Life w/ Olivia (B)</p> <p>4 PM – Outdoor Walk w/ Olivia (T)</p> <p><i>Andrew off</i></p>	<p>10 AM – Sit &amp; Be Fit w/ Andrew (F)</p> <p>11 AM – Fit for Life w/ Andrew (B)</p> <p><i>Olivia off</i></p>
25	26	27	28	29	30	
<p>NO PAL PROGRAMS TODAY.</p> <p><i>Olivia off</i></p>	<p>10 AM – Fit for Life w/ Andrew (B)</p> <p>11 AM – Sit &amp; Be Fit w/ Andrew (F)</p> <p><i>Olivia off</i></p>	<p>10 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>11 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>11 AM – Fit for Life w/ Andrew (B)</p> <p>3 PM – Nordic Pole Walking w/ Olivia (T)</p> <p>4 PM – Afternoon Stretching w/ Olivia (F)</p>	<p>10 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>10 AM – Fit for Life (bands) w/ Andrew (B)</p> <p>11 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>4 PM – Balance Class w/ Olivia (F)</p>	<p>10 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>11 AM – Fit for Life (bands) w/ Andrew (B)</p> <p>11 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>4 PM – Strength Training w/ Olivia (B)</p>	<p>10 AM – Sit &amp; Be Fit w/ Olivia (F)</p> <p>11 AM – Fit for Life w/ Olivia (B)</p> <p>4 PM – Outdoor Walk w/ Olivia (T)</p> <p><i>Andrew off</i></p>	