

NOVEMBER 2009

EXERCISE SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 10-10:30 STRETCH 10:30 PILATES 1-2 YOGA	3 12:45-1:30 TAI CHI	4 10-10:30 STRETCH 10:45-11:30 BALANCE	5 10:00 HIKE TRYON PARK 2:00 PILATES	6 10-10:30 STRETCH	7 10-11 SAFE ON FEET DVD
8	9 10-10:30 STRETCH 1-2 YOGA	10 12:45-1:30 TAI CHI	11 10-10:30 STRETCH 10:45-11:30 BALANCE	12 12:45-1:30 TAI CHI	13 10-10:30 STRETCH	14 10-11 SAFE ON FEET DVD
15	16 10-10:30 STRETCH 1-2 YOGA	17 12:45-1:30 TAI CHI	18 10-10:30 STRETCH 10:45-11:30 BALANCE	19 12:45-1:30 TAI CHI	20 10-10:30 STRETCH	21 10-11 SAFE ON FEET DVD
22	23 10-10:30 STRETCH 1-2 YOGA	20 12:45-1:30 TAI CHI	21 10-10:30 STRETCH 10:45-11:30 BALANCE	22 12:45-1:30 TAI CHI	23 10-10:30 STRETCH	28 10-11 SAFE ON FEET DVD
29	30 10-10:30 STRETCH 1-2 YOGA		INTRODUCING PILATES DEMO ON 11/2	PILATES OPEN HOUSE VISIT ON 11/5		

Stretch, Tai Chi and yoga lasses are held in the Sullivan Theater. Balance class is in the Vitality Fitness. Saturday DVD in Sullivan Theater.

Instructors: Lucie Flood, Diana Del Garbino, James Lusk. Questions: 503-496-3715