

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<p>9:00AM Exercise w/Tape (M & GR)</p> <p>10:30AM Tai Chi (M)</p> <p>11:00AM Sit & Fit (AR)</p> <p>1:30PM Exercise w/Bands</p>	<p>9:00AM Exercise w/Tape (GR)</p> <p>10AM HIIT Training (M)</p> <p>11:00AM Sit & Fit (AR)</p> <p>1:15PM Zumba Gold (M)</p>	<p>9:00AM Exercise w/Tape (M & GR)</p> <p>10:00AM Balance & Core (M)</p> <p>11:00AM Sit & Fit (AR)</p> <p>2:00PM Chair Yoga (M)</p>	<p>9:00AM Exercise w/Tape (GR)</p> <p>10:00AM Circuit Training (M)</p> <p>11:00AM Sit & Fit (AR)</p> <p>1:00PM Tai Chi (M)</p> <p>2:00PM Laughter Yoga (AR)</p>	<p>9:00AM Exercise w/Tape (M & GR)</p> <p>10:00AM Balance & Core (M)</p> <p>11:00AM Sit & Fit (AR)</p> <p>1-5PM Massage Therapy (Cluster 606)</p> <p>1:30PM Exercise w/Bands</p>	<p>9:00AM Exercise w/Tape (M & GR)</p> <p>11:00AM Sit & Fit (AR)</p>
8	<p>9:00AM Exercise w/Tape (M & GR)</p> <p>10:30AM Tai Chi (M)</p> <p>11:00AM Sit & Fit (AR)</p> <p>1:30PM Exercise w/Bands</p>	<p>9:00AM Exercise w/Tape (GR)</p> <p>10AM HIIT Training (M)</p> <p>11:00AM Sit & Fit (AR)</p>	<p>9:00AM Exercise w/Tape (M & GR)</p> <p>10:00AM Balance & Core (M)</p> <p>11:00AM Sit & Fit (AR)</p> <p>2:00PM Chair Yoga (M)</p>	<p>9:00AM Exercise w/Tape (GR)</p> <p>10:00AM Circuit Training (M)</p> <p>11:00AM Sit & Fit (AR)</p> <p>1:00PM Tai Chi (M)</p>	<p>9:00AM Exercise w/Tape (M & GR)</p> <p>10:00AM Balance & Core (M)</p> <p>11:00AM Sit & Fit (AR)</p> <p>1:30PM Exercise w/Bands</p>	<p>9:00AM Exercise w/Tape (M & GR)</p> <p>11:00AM Sit & Fit (AR)</p>
15	<p>9:00AM Exercise w/Tape (M & GR)</p> <p>10:30AM Tai Chi (M)</p> <p>11:00AM Sit & Fit (AR)</p>	<p>9:00AM Exercise w/Tape (GR)</p> <p>11:00AM Sit & Fit (AR)</p> <p>1:15PM Zumba Gold (M)</p>	<p>9:00AM Exercise w/Tape (M & GR)</p> <p>11:00AM Sit & Fit (AR)</p>	<p>9:00AM Exercise w/Tape (GR)</p> <p>11:00AM Sit & Fit (AR)</p> <p>1:00PM Tai Chi (M)</p>	<p>9:00AM Exercise w/Tape (M & GR)</p> <p>11:00AM Sit & Fit (AR)</p>	<p>9:00AM Exercise w/Tape (M & GR)</p> <p>11:00AM Sit & Fit (AR)</p>
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29	<p>9:00AM Exercise w/Tape (M & GR)</p> <p>10:30AM Tai Chi (M)</p> <p>11:00AM Sit & Fit (AR)</p> <p>1:30PM Exercise w/Bands (AR)</p>	<p>9:00AM Exercise w/Tape (GR)</p> <p>11:00AM Sit & Fit (AR)</p>				