

SUN	MON	TUE	WED	THUR	FRI	SAT
					9:30 Exercise! Strength Training Level 1 (1901 & MES) <b>1</b> 10:00 Exercise! Strength Training Level 2 (MES) 10:30 Aqua Strength (PAC) 11:00 POOL VOLLEYBALL! (PAC) 11:00 Stretch and Mobility (MES)	9:00 Exercise! Shape it UP Saturday Level 1 (1901 & MES) <b>2</b> 9:30 Exercise! SHAPE it UP Saturday Level 2 (MES) 1:30 Wii Bowling (MES)
1:30 Wii Bowling (MES) <b>3</b>	9:30 Exercise! Strength Training Level 1 (1901 & MES) <b>4</b> 10:00 Exercise! Strength Training Level 2 (MES) 10:30 Aqua Strength (PAC) 11:00 Exercise! Aerobic Circuit (MES) 11:00 POOL VOLLEYBALL! (PAC) 12:30 Walking Club (Community Center Main Entrance)	9:00 Exercise! Yoga Level 2 (MES) <b>5</b> 9:30 Exercise! Yoga Level 1 (1901 & MES) 10:00 Exercise! SILVER SNEAKERS TAI CHI (MES) 10:30 Aqua Aerobics (PAC) 11:00 Exercise! Balance and Stability (MES) 1:00 Aqua Aerobics (PAC) 1:30 Exercise! Sit to be FIT! (MES)	9:30 Exercise! Strength Training Level 1 (1901 & MES) <b>6</b> 10:00 Exercise! Strength Training Level 2 (MES) 10:30 Aqua Strength (PAC) 11:00 Exercise! Aerobic Circuit (MES) 1:30 Wii Bowling (MES)	9:00 Exercise! Yoga Level 2 (MES) <b>7</b> 9:30 Exercise! Yoga Level 1 (1901 & MES) 10:00 Exercise! Balance and Stability (MES) 10:30 Aqua Aerobics (PAC) 11:00 Exercise! Sit to be FIT! (MES) 1:00 Aqua Aerobics (PAC)	9:30 Exercise! Strength Training Level 1 (1901 & MES) <b>8</b> 10:00 Exercise! Strength Training Level 2 (MES) 10:30 Aqua Strength (PAC) 11:00 POOL VOLLEYBALL! (PAC) 11:00 Stretch and Mobility (MES)	9:00 Exercise! Shape it UP Saturday Level 1 (1901 & MES) <b>9</b> 9:30 Exercise! SHAPE it UP Saturday Level 2 (MES) 1:30 Wii Bowling (MES)
1:30 Wii Bowling (MES) <b>10</b>	<b>Indigenous Peoples' Day</b> <b>11</b> 9:30 Exercise! Strength Training Level 1 (1901 & MES) 10:00 Exercise! Strength Training Level 2 (MES) 10:30 Aqua Strength (PAC) 11:00 Exercise! Aerobic Circuit (MES) 11:00 POOL VOLLEYBALL! (PAC) 12:30 Walking Club (Community Center Main Entrance)	9:00 Exercise! Yoga Level 2 (MES) <b>12</b> 9:30 Exercise! Yoga Level 1 (1901 & MES) 10:00 Exercise! SILVER SNEAKERS TAI CHI (MES) 10:30 Aqua Aerobics (PAC) 11:00 Exercise! Balance and Stability (MES) 1:00 Aqua Aerobics (PAC) 1:30 Exercise! Sit to be FIT! (MES)	9:30 Exercise! Strength Training Level 1 (1901 & MES) <b>13</b> 10:00 Exercise! Strength Training Level 2 (MES) 10:30 Aqua Strength (PAC) 11:00 Exercise! Aerobic Circuit (MES) 1:30 Wii Bowling (MES)	9:00 Exercise! Yoga Level 2 (MES) <b>14</b> 9:30 Exercise! Yoga Level 1 (1901 & MES) 10:00 Exercise! Balance and Stability (MES) 10:30 Aqua Aerobics (PAC) 11:00 Exercise! Sit to be FIT! (MES) 1:00 Aqua Aerobics (PAC)	9:30 Exercise! Strength Training Level 1 (1901 & MES) <b>15</b> 10:00 Exercise! Strength Training Level 2 (MES) 10:30 Aqua Strength (PAC) 11:00 POOL VOLLEYBALL! (PAC) 11:00 Stretch and Mobility (MES)	9:30 Saturday Exercise with DVD (MES) <b>16</b> 1:30 Wii Bowling (MES)
1:30 Wii Bowling (MES) <b>17</b>	9:30 Exercise! Strength Training Level 1 (1901 & MES) <b>18</b> 10:00 Exercise! Strength Training Level 2 (MES) 10:30 Aqua Strength (PAC) 11:00 Exercise! Aerobic Circuit (MES) 11:00 POOL VOLLEYBALL! (PAC) 12:30 Walking Club (Community Center Main Entrance)	9:00 Exercise! Yoga Level 2 (MES) <b>19</b> 9:30 Exercise! Yoga Level 1 (1901 & MES) 10:00 Exercise! SILVER SNEAKERS TAI CHI (MES) 10:30 Aqua Aerobics (PAC) 11:00 Exercise! Balance and Stability (MES) 1:00 Aqua Aerobics (PAC) 1:30 Exercise! Sit to be FIT! (MES)	9:30 Exercise! Strength Training Level 1 (1901 & MES) <b>20</b> 10:00 Exercise! Strength Training Level 2 (MES) 10:30 Aqua Strength (PAC) 11:00 Exercise! Aerobic Circuit (MES) 1:30 Wii Bowling (MES)	9:00 Exercise! Yoga Level 2 (MES) <b>21</b> 9:30 Exercise! Yoga Level 1 (1901 & MES) 10:00 Exercise! Balance and Stability (MES) 10:30 Aqua Aerobics (PAC) 11:00 Exercise! Sit to be FIT! (MES) 1:00 Aqua Aerobics (PAC)	9:30 Exercise! Strength Training Level 1 (1901 & MES) <b>22</b> 10:00 Exercise! Strength Training Level 2 (MES) 10:30 Aqua Strength (PAC) 11:00 POOL VOLLEYBALL! (PAC) 11:00 Stretch and Mobility (MES)	9:30 Saturday Exercise with DVD (MES) <b>23</b> 1:30 Wii Bowling (MES)
1:30 Wii Bowling (MES) <b>24</b>	9:30 Exercise! Strength Training Level 1 (1901 & MES) <b>25</b> 10:00 Exercise! Strength Training Level 2 (MES) 10:30 Aqua Strength (PAC) 11:00 Exercise! Aerobic Circuit (MES) 11:00 POOL VOLLEYBALL! (PAC) 12:30 Walking Club (Community Center Main Entrance)	9:00 Exercise! Yoga Level 2 (MES) <b>26</b> 9:30 Exercise! Yoga Level 1 (1901 & MES) 10:00 Exercise! SILVER SNEAKERS TAI CHI (MES) 10:30 Aqua Aerobics (PAC) 11:00 Exercise! Balance and Stability (MES) 1:00 Aqua Aerobics (PAC) 1:30 Exercise! Sit to be FIT! (MES)	9:00 National Senior Fitness Day Wellness Event! (Wellness Center) <b>27</b> 1:00 Wii Bowling (MES)	9:00 Exercise! Yoga Level 2 (MES) <b>28</b> 9:30 Exercise! Yoga Level 1 (1901 & MES) 10:00 Exercise! Balance and Stability (MES) 10:30 Aqua Aerobics (PAC) 11:00 Exercise! Sit to be FIT! (MES) 1:00 Aqua Aerobics (PAC)	9:30 Exercise! Strength Training Level 1 (1901 & MES) <b>29</b> 10:00 Exercise! Strength Training Level 2 (MES) 10:30 Aqua Strength (PAC) 11:00 POOL VOLLEYBALL! (PAC) 11:00 Stretch and Mobility (MES)	9:30 Saturday Exercise with DVD (MES) <b>30</b> 1:30 Wii Bowling (MES)
<b>Halloween</b> 1:30 Wii Bowling (MES) <b>31</b>	<b>LOCATION KEY</b> 1901 & MES - Channel 1901 & Muir Family Exercise Studio MES - Muir Family Exercise Studio PAC - Peplow Aquatic Center					

# October 2021



Joy Grove, Director of Community Wellness, 589-8527 ext. 488527