

SUN	MON	TUE	WED	THUR	FRI	SAT
ROOM KEY Comm. Rm. - Community Room LLL - Live. Laugh. Learn. Center MWIM - Meth-Wick In Motion Center FZ - The Fitness Zone				8:00 Level 2 Fitness Class (MWIM) 1 9:00 Level 1 Fitness Class (MWIM)	8:15 Level 3 Fitness Class (MWIM) 2 9:00 Level 2 Fitness Class (MWIM) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ) 3:00 Senior Fitness Testing (LLL)	
4	8:15 Level 3 Fitness Class (MWIM) 5 9:00 Level 2 Fitness Class (MWIM) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	8:00 Level 2 Fitness Class (MWIM) 6 9:00 Level 1 Fitness Class (MWIM) 10:30 Nordic Walking 1:00 Fitness Zone Class (FZ)	8:15 Level 3 Fitness Class (MWIM) 7 9:00 Level 2 Fitness Class (MWIM) 11:00 Fitness Zone Class (FZ) 1:00 Fitness Zone Class (FZ) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	8:00 Level 2 Fitness Class (MWIM) 8 9:00 Level 1 Fitness Class (MWIM)	8:15 Level 3 Fitness Class (MWIM) 9 9:00 Level 2 Fitness Class (MWIM) 11:00 Dancercise (Comm. Rm.) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	10
11	8:15 Level 3 Fitness Class (MWIM) 12 9:00 Level 2 Fitness Class (MWIM) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	8:00 Level 2 Fitness Class (MWIM) 13 9:00 Level 1 Fitness Class (MWIM) 10:30 Nordic Walking 11:30 Cooking Class Lunch (LLL) 1:00 Fitness Zone Class (FZ)	8:15 Level 3 Fitness Class (MWIM) 14 9:00 Level 2 Fitness Class (MWIM) 11:00 Fitness Zone Class (FZ) 1:00 Fitness Zone Class (FZ) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	8:00 Level 2 Fitness Class (MWIM) 15 9:00 Level 1 Fitness Class (MWIM)	8:15 Level 3 Fitness Class (MWIM) 16 9:00 Level 2 Fitness Class (MWIM) 11:00 Dancercise (Comm. Rm.) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	17
18	8:15 Level 3 Fitness Class (MWIM) 19 9:00 Level 2 Fitness Class (MWIM) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	8:00 Level 2 Fitness Class (MWIM) 20 9:00 Level 1 Fitness Class (MWIM) 10:30 Nordic Walking 1:00 Fitness Zone Class (FZ)	8:15 Level 3 Fitness Class (MWIM) 21 9:00 Level 2 Fitness Class (MWIM) 11:00 Fitness Zone Class (FZ) 1:00 Fitness Zone Class (FZ) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	8:00 Level 2 Fitness Class (MWIM) 22 9:00 Level 1 Fitness Class (MWIM)	8:15 Level 3 Fitness Class (MWIM) 23 9:00 Level 2 Fitness Class (MWIM) 11:00 Dancercise (Comm. Rm.) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	24
25	8:15 Level 3 Fitness Class (MWIM) 26 9:00 Level 2 Fitness Class (MWIM) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	8:00 Level 2 Fitness Class (MWIM) 27 9:00 Level 1 Fitness Class (MWIM) 10:30 Nordic Walking 1:00 Fitness Zone Class (FZ)	8:15 Level 3 Fitness Class (MWIM) 28 9:00 Level 2 Fitness Class (MWIM) 11:00 Fitness Zone Class (FZ) 1:00 Fitness Zone Class (FZ) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	8:00 Level 2 Fitness Class (MWIM) 29 9:00 Level 1 Fitness Class (MWIM)	8:15 Level 3 Fitness Class (MWIM) 30 9:00 Level 2 Fitness Class (MWIM) 11:00 Dancercise (Comm. Rm.) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	

November 2018

Fitness Calendar

