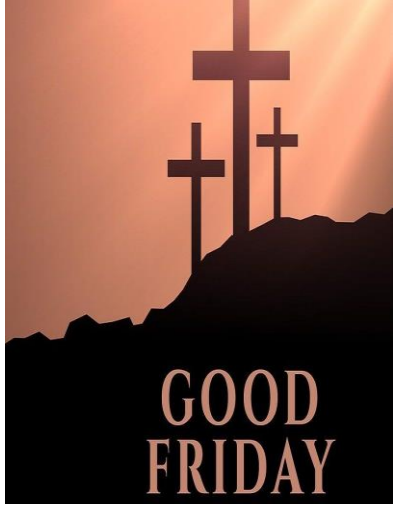


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>30</div> <div>OPEN GYM</div>	<div>31</div> <div>8:30 am (POA) HIIT</div> <div>9:30 am HIIT</div> <div>11:00am Advanced Balance</div> <div>1:15 pm Seated Strength</div> <div>3:00 pm Walking Club</div>	<div>1</div> <div>8:40 am (POA) Strength training</div> <div>9:30 am NO Strength training</div> <div>10:30 am Seated Chair Yoga</div> <div>1:15 pm Seated Aerobics</div> <div>1:45 pm Dog Therapy</div> <div>3:00 pm Cardio Heart Health (machines)</div>	<div>2</div> <div>8:40 am (POA) Aerobics</div> <div>9:30 am Aerobics</div> <div>1:15 pm Seated Flexibility</div> <div>2:15 pm GAPS (seated)</div>	<div>3</div> <div>8:40 am (POA) Balance Stations</div> <div>9:30 am Strength Training</div> <div>1:15 pm Seated Aerobics</div> <div>HAPPY COW FARM TOUR SIGN UPS CLOSE TODAY!</div>	<div>4</div> <div>8:40 am (POA) Aerobics w/ weights</div> <div>9:30 am Aerobics w/ weights</div> <div>11:00 am Beginner Balance</div> <div>1:15 pm Seated Strength</div>	<div>5</div> <div>OPEN GYM</div>
<div>6</div> <div>OPEN GYM</div>	<div>7</div> <div>8:40 am (POA) HIIT</div> <div>9:30 am HIIT</div> <div>11:00am Advanced Balance</div> <div>1:15 pm Seated Strength</div>	<div>8</div> <div>8:40 am (POA) Strength training</div> <div>9:30 am Strength training</div> <div>10:30 am Seated Chair Yoga</div> <div>1:15 pm Seated Aerobics</div> <div>3:00 pm Cardio Heart Health (machines)</div>	<div>9</div> <div>8:40 am (POA) Aerobics</div> <div>9:30 am Aerobics</div> <div>1:15 pm Seated Flexibility</div> <div>2:15 pm GAPS (seated)</div>	<div>10</div> <div>8:40 am (POA) Balance Stations</div> <div>9:30 am Strength Training</div> <div>1:00 pm HAPPY COW FARM TOUR</div> <div>1:15 pm NO Seated Aerobics</div>	<div>11</div> <div>8:40 am (POA) Aerobics w/ weights</div> <div>9:30 am Balance Stations</div> <div>11:00 am Beginner Balance</div> <div>1:15 pm Seated Strength</div>	<div>12</div> <div>OPEN GYM</div>
<div>13</div> <div>OPEN GYM</div>	<div>14</div> <div>8:40 am (POA) HIIT</div> <div>9:30 am HIIT</div> <div>11:00am Advanced Balance</div> <div>1:15 pm Seated Strength</div>	<div>15</div> <div>8:40 am (POA) Strength training</div> <div>9:30 am NO Strength training</div> <div>10:30 am Seated Chair Yoga</div> <div>1:15 pm Seated Aerobics</div> <div>3:00 pm Cardio Heart Health (machines)</div>	<div>16</div> <div>8:40 am (POA) Aerobics</div> <div>9:30 am Aerobics</div> <div>1:15 pm Seated Flexibility</div> <div>2:15 pm GAPS (seated)</div>	<div>17</div> <div>8:40 am (POA) Balance Stations</div> <div>9:30 am Strength Training</div> <div>1:15 pm Seated Aerobics</div>	<div>18</div> <div>NO CLASSES!</div> <div></div> <div>GOOD FRIDAY</div>	<div>19</div> <div>OPEN GYM</div>
<div>20</div> <div>OPEN GYM</div>	<div>21</div> <div>8:40 am (POA) HIIT</div> <div>9:30 am HIIT</div> <div>11:00am Advanced Balance</div> <div>1:15 pm Seated Strength</div>	<div>22</div> <div>8:40 am (POA) Strength training</div> <div>9:30 am Strength training</div> <div>10:30 am Seated Chair Yoga</div> <div>1:15 pm Seated Aerobics</div> <div>3:00 pm Cardio Heart Health (machines)</div>	<div>23</div> <div>8:40 am (POA) Aerobics</div> <div>9:30 am Aerobics</div> <div>10:30 am Bone Health Educational talk.</div> <div>1:15 pm Seated Flexibility</div> <div>2:15 pm GAPS</div>	<div>24</div> <div>8:40 am (POA) Balance Stations</div> <div>9:30 am Strength Training</div> <div>1:15 pm Seated Aerobics</div> <div>3:30 pm GAPS support group</div> <div>3:30 pm LINE DANCING STARTS</div>	<div>25</div> <div>8:40 am (POA) Aerobics w/ weights</div> <div>9:30 am Aerobics w/ weights</div> <div>11:00 am Beginner Balance</div> <div>1:15 pm Seated Strength</div>	<div>26</div> <div>OPEN GYM</div>
<div>27</div> <div>OPEN GYM</div>	<div>28</div> <div>8:40 am (POA) HIIT</div> <div>9:30 am HIIT</div> <div>11:00am Advanced Balance</div> <div>1:15 pm Seated Strength</div>	<div>29</div> <div>8:40 am (POA) Strength training</div> <div>9:30 am NO Strength training</div> <div>10:30 am Seated Chair Yoga</div> <div>1:15 pm Seated Aerobics</div> <div>3:00 pm Cardio Heart Health (machines)</div>	<div>30</div> <div>8:40 am (POA) Aerobics</div> <div>9:30 am Aerobics</div> <div>1:15 pm Seated Flexibility</div> <div>2:15 pm GAPS (seated)</div>	<div>1</div> <div>8:40 am (POA) Balance Stations</div> <div>9:30 am Strength Training</div> <div>1:15 pm Seated Aerobics</div> <div>3:30 pm LINE DANCING STARTS</div>	<div>2</div> <div>8:40 am (POA) Aerobics w/ weights</div> <div>9:30 am Balance Stations</div> <div>11:00 am Beginner Balance</div> <div>1:15 pm Seated Strength</div>	<div>3</div> <div>OPEN GYM</div>

