

Sun

Mon

Tue

Wed

Thu

Fri

Sat

November 2023

Fitness Classes



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9am – Water Exercise with Grace 10am – Yoga with Deborah WPTV Only 11am – Chair Yoga &Balance w/Grace– PAC/ WPTV	2 9am– Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC/ WPTV 10am– Tai Chi with guest Martha Cheo – PAC Please come and support guest instructor Martha!	3 9am–Water Exercise with Grace 10 am –Yoga with Deborah - PAC/WPTV	4.
5 <u>A fitness note from Grace-</u> Keep moving to help relieve pain. Specifically, Osteoarthritis pain. It might seem counterintuitive, but moving regularly can help ease stiffness and pain from arthritis.	6 8am – Self-Led Water Exercise Group 9am – Water Exercise with Grace 10am -Yoga with Deborah- PAC/ WPTV 11am - Walk w/Grace - Lobby	7 9am – Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC/ WPTV 10am – Seated Stretch Bands with Grace– PAC/WPTV 11am - Movement/Music & You with Nora – PAC only 11am–Walk with Grace - Lobby	8 9am – Water Exercise with Grace 10am – Yoga with Deborah WPTV Only 11am – Chair Yoga &Balance w/Grace– PAC/ WPTV	9 9am – Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC/ WPTV. SPECIAL PRESENTATION! 10am– Seated Strength w/ Bands with Grace– PAC/ WPTV	10 10 am –Yoga with Deborah - PAC/WPTV No Exercise with Grace– Veterans Day observed	11
12	13 8am – Self-Led Water Exercise Group 9am – Water Exercise with Grace 10am – Yoga with Deborah- PAC/ WPTV 11am - Walk w/Grace - Lobby	14 9am – Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC/ WPTV 10am – Seated Stretch Bands with Grace– PAC/WPTV 11am - Movement/Music & You with Nora – PAC only 11am–Walk with Grace - Lobby	15 9am – Water Exercise with Grace 10am – Yoga with Deborah WPTV Only 11am – Chair Yoga &Balance w/Grace– PAC/ WPTV	16 9am– Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC/ WPTV 10am– Seated Strength w/ Bands with Grace– PAC/ WPTV <i>1pm- Fitness Center Workshop w/ Grace</i>	17 9am–Water Exercise with Grace 10 am –Yoga with Deborah - PAC/WPTV	18
19	20 8am – Self-Led Water Exercise Group 9am – Water Exercise with Grace 10am – Yoga with Deborah- PAC/ WPTV 11am - Walk w/Grace - Lobby	21 9am – Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC/ WPTV 10am – Seated Stretch Bands with Grace– PAC/WPTV 11am - Movement/Music & You with Nora – PAC only 11am–Walk with Grace - Lobby	22 9am – Water Exercise with Grace 10am – Yoga with Deborah WPTV Only 11am – Chair Yoga &Balance w/Grace– PAC/ WPTV	23. No Exercise. Happy Thanksgiving!	24 10 am –Yoga with Deborah - PAC/WPTV No Exercise with Grace	25
26	27 8am – Self-Led Water Exercise Group 9am – Water Exercise with Grace 10am – Yoga with Deborah- PAC/ WPTV 11am - Walk w/Grace - Lobby	28 9am – Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC/ WPTV 10am – Seated Stretch Bands with Grace– PAC/WPTV 11am - Movement/Music & You with Nora – PAC only 11am–Walk with Grace - Lobby	29 9am – Water Exercise with Grace 10am – Yoga with Deborah WPTV Only 11am – Chair Yoga &Balance w/Grace– PAC/ WPTV	30 9am – Self-Led Water Exercise Group 9am – Balance & Strength with Grace– PAC/ WPTV 10am– Seated Strength w/ Bands with Grace– PAC/WPTV	31 9am–Water Exercise with Grace 10 am –Yoga with Deborah - PAC/WPTV	