

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2023 Fitness Classes

<p>3</p> 	<p>4</p> <p>8am – Self-Led Water Exercise Group</p> <p>10am– Yoga with Deborah-PAC/ WPTV</p> <p>Happy Labor Day! No Exercise with Grace.</p>	<p>5 9am – Self-Led Water Exercise Group</p> <p>9am – Balance & Strength with Grace– PAC/ WPTV</p> <p>10am – Seated Stretch Bands with Grace– PAC/WPTV</p> <p>11am - Movement/Music & You with Nora – PAC only</p> <p>11am - Walk with Grace – Lobby</p>	<p>6</p> <p>9am - Water Exercise with Grace</p> <p>10am – Yoga with Deborah WPTV Only</p> <p>11am – Chair Yoga &Balance with Grace– PAC/WPTV</p>	<p>7</p> <p>9am – Self-Led Water Exercise Group</p> <p>9am – Balance & Strength with Grace– PAC/ WPTV</p> <p>10am– Seated Strength w/ Bands with Grace– PAC /WPTV</p>	<p>1</p> <p>9am–Water Exercise with Grace</p> <p>10 am –Yoga with Deborah - PAC/WPTV</p> <p><i>1pm - Fitness Center Workshop</i></p>	<p>2</p> 
<p>10</p>	<p>11</p> <p>8am – Self-Led Water Exercise Group</p> <p>9am – Water Exercise with Grace</p> <p>10am– Yoga with Deborah-PAC/ WPTV</p> <p>11am - Walk w/Grace - Lobby</p>	<p>12 9am – Self-Led Water Exercise Group</p> <p>9am – Balance & Strength with Grace– PAC/ WPTV</p> <p>10am – Seated Stretch Bands with Grace– PAC/WPTV</p> <p>11am - Movement/Music & You with Nora – PAC only</p> <p>11am - Walk with Grace – Lobby</p>	<p>13</p> <p>9am - Water Exercise with Grace</p> <p>10am – Yoga with Deborah WPTV Only</p> <p>11am – Chair Yoga & Balance with Grace– PAC/ WPTV</p>	<p>14</p> <p>9am– Self-Led Water Exercise Group</p> <p>9am – Balance & Strength with Grace– PAC/ WPTV</p> <p>10am– Seated Strength w/ Bands with Grace– PAC/ WPTV</p>	<p>15</p> <p>9am–Water Exercise with Grace</p> <p>10 am –Yoga with Deborah - PAC/WPTV</p>	<p>16</p>
<p>17</p>	<p>18</p> <p>8am – Self-Led Water Exercise Group</p> <p>9am – Water Exercise with Grace</p> <p>10am– Yoga with Deborah-PAC/ WPTV</p> <p>11am - Walk w/Grace - Lobby</p>	<p>19 9am – Self-Led Water Exercise Group</p> <p>9am – Balance & Strength with Grace– PAC/ WPTV</p> <p>10am – Seated Stretch Bands with Grace– PAC/WPTV</p> <p>11am - Movement/Music & You with Nora – PAC only</p> <p>11am - Walk with Grace – Lobby</p>	<p>20</p> <p>9am – Water Exercise with Grace</p> <p>10am – Yoga with Deborah WPTV Only</p> <p>11am – Chair Yoga & Balance with Grace– PAC/ WPTV</p> <p><i>1 pm - Fitness Center Workshop</i></p>	<p>21</p> <p>9am– Self-Led Water Exercise Group</p> <p>9am – Balance & Strength with Grace– PAC/ WPTV</p> <p>10am– Seated Strength w/ Bands with Grace– PAC/ WPTV</p>	<p>22</p> <p>9am–Water Exercise with Grace</p> <p>10 am –Yoga with Deborah - PAC/WPTV</p>	<p>23</p>
<p>24</p>	<p>25</p> <p>8am – Self-Led Water Exercise Group</p> <p>9am – Water Exercise with Grace</p> <p>10am– Yoga with Deborah-PAC/ WPTV</p> <p>11am - Walk w/Grace - Lobby</p>	<p>26 9am – Self-Led Water Exercise Group</p> <p>9am – Balance & Strength with Grace– PAC/ WPTV</p> <p>10am – Seated Stretch Bands with Grace– PAC/WPTV</p> <p>11am - Movement/Music & You with Nora – PAC only</p> <p>11am - Walk with Grace – Lobby</p>	<p>27</p> <p>9am Water Exercise with Grace</p> <p>10am – Yoga with Deborah WPTV Only</p> <p>11am – Chair Yoga & Balance with Grace– PAC/ WPTV</p>	<p>28</p> <p>9am – Self-Led Water Exercise Group</p> <p>9am – Balance & Strength with Grace– PAC/ WPTV</p> <p>10am– Seated Strength w/ Bands with Grace– PAC/</p>	<p>29</p> <p>9am–Water Exercise with Grace</p> <p>10 am –Yoga with Deborah - PAC/WPTV</p>	<p>30</p>