

LAST CLASS CALENDAR FOR THE FALL 2019 SESSION (as of October 23, 2019)

The dates below represent the last class for every course for this session.

Unless otherwise noted, all classes continue up to and including the indicated dates. v2310

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28-Oct	29-Oct	30-Oct	31-Oct	01-Nov	02-Nov
				Baby Massage	
04-Nov	05-Nov	06-Nov	07-Nov	08-Nov	08-Nov
				No indoor classes today	Reiki, Meditation, and Mindfulness
11-Nov	12-Nov	13-Nov	14-Nov	15-Nov	16-Nov
					Strong by Zumba
18-Nov	19-Nov	20-Nov	21-Nov	22-Nov	23-Nov
	Knitting for All  Stressed Out? Finding Balance in Your Life  Conversation en français pour intermédiaires	Organizing: Less is More	Converse in French: Beginners and Intermediates  Creative Art Journaling for Personal Expression		No classes today
25-Nov	26-Nov	27-Nov	28-Nov	29-Nov	30-Nov
Monday French: Beginners and Intermediates  Singing Group			Outdoor Stroller Fit - Make-up 1 of 1	Start Running - Couch to 5K  Beginner's French  Fresh Air Fitness Friday  Jhoomlay Bollywood Dance Fitness	Hatha Yoga and Meditation  Career Coaching Basics - Make-up 1 of 1  Saturday Singing Group  Prenatal Fitness
02-Dec	03-Dec	04-Dec	05-Dec	06-Dec	07-Dec
Classical Pilates  Toddler Tunes  10 a.m. and 11 a.m. My First Music Class  Mom & Tots Yoga  Mom and Baby Yoga (3-7 mos.)  Monday Sweat and Tone  Yin Yoga and Meditation  Evening Adult Ballet	Mom & Tots Gym  Break a Sweat with Baby  Tuesday Sweat and Tone  Essentrics  Evening Kripalu-Inspired Hatha Yoga	Core Pilates  Total Body Fitness  Wednesday Zumba  Adult Ballet  Interval Training	Thursday Essentrics  Bootcamp Fitness  Body Factory  Kodomo Karate  Therapeutic Gentle Hatha Yoga and Meditation	Kripalu-Inspired Hatha Yoga  Building Self-Trust (Make-up 1 of 1)  Mom and Baby Yoga (6-12 mos.)  Watermedia (Make-up 1 of 1)  Gentle Toning	Jhoomlay Junior (Make-up 1 of 1)  Zumbini (Make-up 1 of 1)
09-Dec	10-Dec	11-Dec	12-Dec	13-Dec	14-Dec
	Zumba Nite (Make-up 1 of 1)				
16-Dec	17-Dec	18-Dec	19-Dec	20-Dec	