

LAST CLASS CALENDAR FOR FALL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
November 14	November 15	November 16 Restorative Yoga	November 17 Watercolour Outdoor Stroller Fit	November 18 Busy Bees	November 19
November 21	November 22 Evening Kripalu- Hatha Yoga	November 23 Living Healthy Relationships	November 24	November 25	November 26 Hatha Yoga and Meditation Sing Along with Shannon
November 28 Pilates (online) Pilates My doctor told me to lose weight	November 29 Essentrics Zumba® Nite Evening Running	November 30 ELDOA Flow Stretching Nutrition, Yoga, and Self-Care for Health and Wellness Baby Massage Adult Ballet	December 1 Thursday Essentrics Toning, Custom Fit for All Levels and Ages 3PEAT	December 2 WINTER REGISTRATION 9:00 AM Fresh Air Fitness Friday Start Running	December 3
December 5 Monday Sweat and Tone	December 6 Knitting Club Body Factory Balletvolution	December 7 Sing Along with Shannon Beginner's Ukulele	December 8 Digital Photography	December 9	December 10
December 12	December 13 Book Club	December 14	December 15	December 16	December 17