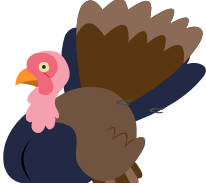


NOVEMBER 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Body Cond. 6:15-7 Am SilverSneakers 9:00-10:00 Am Yoga 6:00-7:00	2	3 Combo 9:00-10:00 AM
4	5 SilverSneakers 9:00-10:00 Am Body Cond. 5:30-6:30 Pm	6 Body Cond 6:15-7 Am SilverSneakers 9:00-10:00 Am Yoga 6:00-7:00	7 SilverSneakers 9:00-10:00 Am Body Cond. 5:30-6:30 Pm	8 Body Cond. 6:15-7 Am SilverSneakers 9:00-10:00 Am Yoga 6:00-7:00	9	10 Combo 9:00-10:00 AM
11	12 SilverSneakers 9:00-10:00 Am Body Cond. 5:30-6:30 Pm	13 Body Cond 6:15-7 Am SilverSneakers 9:00-10:00 Am Yoga 6:00-7:00	14 SilverSneakers 9:00-10:00 Am Body Cond. 5:30-6:30 Pm	15 Body Cond. 6:15-7 Am SilverSneakers 9:00-10:00 Am Yoga 6:00-7:00	16	17 Combo 9:00-10:00 AM
18	19 SilverSneakers 9:00-10:00 Am Body Cond. 5:30-6:30 Pm	20 Body Cond 6:15-7 Am SilverSneakers 9:00-10:00 Am Yoga 6:00-7:00	21 SilverSneakers 9:00-10:00 Am Body Cond. 5:30-6:30 Pm	22 CLOSED 	23	24 Combo 9:00-10:00 AM
25	26 SilverSneakers 9:00-10:00 Am Body Cond. 5:30-6:30 Pm	27 Body Cond 6:15-7 Am SilverSneakers 9:00-10:00 Am Yoga 6:00-7:00	28 SilverSneakers 9:00-10:00 Am Body Cond. 5:30-6:30 Pm	29 Body Cond. 6:15-7 Am SilverSneakers 9:00-10:00 Am Yoga 6:00-7:00	30	