

November

2016

Parsippany Community Center Exercise Classes

LET'S STAY ACTIVE



Being Healthy and Fit is a Lifestyle

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 - Falun Gong	2 9:15-Senior Fitness 10:30 Forever Fit	3 9:15-Yoga 9:30-T`ai Chi Chuan 11:00- Walking club PAL 1:30-Ballroom Dancing	4 9:30-T`ai Chi Chuan	5
6	7 9:15 - Senior Fitness 9:30 T`ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	8 10:30 - Falun Gong	9 9:15-Senior Fitness 10:30 Forever Fit	10 9:15-Yoga 9:30-T`ai Chi Chuan 11:00- Walking club PAL 1:30-Ballroom Dancing	11 Closed for Veteran's Day	12 
13	14 9:15 - Senior Fitness 9:30 T`ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	15 10:30 - Falun Gong	16 9:15-Senior Fitness 10:30 Forever Fit	17 9:15-Yoga 9:30-T`ai Chi Chuan 11:00- Walking club PAL 1:30-Ballroom Dancing	18 9:30-T`ai Chi Chuan	19
20	21 9:15 - Senior Fitness 9:30 T`ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	22 10:30 - Falun Gong	23 9:15-Senior Fitness 10:30 Forever Fit	24 Closed for Thanksgiving	25 Closed the day after Thanksgiving	26 
27	28 9:15 - Senior Fitness 9:30 T`ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	29 10:30 - Falun Gong	30 9:15-Senior Fitness 10:30 Forever Fit			
						