

December 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 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking club PAL 1:30-Ballroom Dancing	2 9:30-T'ai Chi Chuan	3
4	5 9:15 – Senior Fitness 9:30 T'ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	6 10:30 – Falun Gong	7 9:15-Senior Fitness 10:30 Forever Fit	8 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking club PAL 1:30-Ballroom Dancing	9 9:30-T'ai Chi Chuan	10
11	12 9:15 – Senior Fitness 9:30 T'ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	13 10:30 – Falun Gong	14 9:15-Senior Fitness 10:30 Forever Fit Party for Senior Fitness and forever fit will be in kitchen @ 11:15	15 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking club PAL 1:30-Ballroom Dancing	16 9:30-T'ai Chi Chuan	17
18	19 9:15 – Senior Fitness 9:30 T'ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	20 10:30 – Falun Gong	21 9:15-Senior Fitness 10:30 Forever Fit	22 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking club PAL 1:30-Ballroom Dancing	23 Closed for Christmas Eve	24 
25 	26 Closed for Christmas Boxing Day Kwanzaa	27 10:30 – Falun Gong	28 9:15-Senior Fitness 10:30 Forever Fit	29 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking club PAL 1:30-Ballroom Dancing	30 Closed for New Year's	31 

