

February





2017

Parsippany Community Center
Exercise Classes

LET'S STAY ACTIVE



Being Healthy and Fit is a Lifestyle

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