







# April 2017

Parsippany Community Center  
Exercise Classes

## LET'S STAY ACTIVE



**Being Healthy and Fit is a Lifestyle**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2	3	4	5	6	7	8
	9:15 – Senior Fitness 9:30- T`ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	10:30 – Falun Gong	9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	9:15-Yoga 9:30-T`ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	9:30-T`ai Chi Chuan	
9	10	11	12	13	14	15
	9:15 – Senior Fitness 9:30- T`ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing <i>Passover begins</i>	10:30 – Falun Gong <i>Passover</i>	9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	9:15-Yoga 9:30-T`ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	<i>Closed For Good Friday</i>	
16	17	18	19	20	21	22
<i>Easter</i>	9:15 – Senior Fitness 9:30- T`ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	10:30 – Falun Gong	9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	9:15-Yoga 9:30-T`ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	9:30-T`ai Chi Chuan	
23	24	25	26	27	28	29
	9:15 – Senior Fitness 9:30- T`ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	10:30 – Falun Gong	9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	9:15-Yoga 9:30-T`ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	9:30-T`ai Chi Chuan	
						
30						