

# July 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	3 9:15 - Senior Fitness 9:30 T`ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	4 Closed for the 4 <sup>th</sup> of July	5 9:15-Senior Fitness 10:30 Forever Fit 3- 4 Grand Dancing	6 9:15-Yoga 9:30-T`ai Chi Chuan 11:00- Walking club PAL 1:30-Ballroom Dancing	7 9:30-T`ai Chi Chuan	8
9	10 9:15 - No Senior Fitness 9:30 T`ai Chi Chuan 10:30- No Stretch & Strength 1:15-Line Dancing	11 10:30 - Falun Gong	12 9:15- No Senior Fitness 10:30- No Forever Fit 3- 4 Grand Dancing	13 No Yoga class 9:30-T`ai Chi Chuan 11:00- Walking club PAL 1:30-Ballroom Dancing	14 9:30-T`ai Chi Chuan	15
16	17 9:15 - Senior Fitness 9:30 T`ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	18 10:30 - Falun Gong	19 9:15-Senior Fitness 10:30 Forever Fit 3- 4 Grand Dancing	20 9:15-Yoga 9:30-T`ai Chi Chuan 11:00- Walking club PAL 1:30-Ballroom Dancing	21 9:30-T`ai Chi Chuan	22
23	24 9:15 - Senior Fitness 9:30 T`ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	25 10:30 - Falun Gong	26 9:15-Senior Fitness 10:30 Forever Fit 3- 4 Grand Dancing	27 9:15-Yoga 9:30-T`ai Chi Chuan 11:00- Walking club PAL 1:30-Ballroom Dancing	28 9:30-T`ai Chi Chuan	29
30	31 9:15 - Senior Fitness 9:30 T`ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing					