

August

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	4	5
		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	
6	7	8	9	10	11	12
	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	
13	14	15	16	17	18	19
	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	
20	21	22	23	24	25	26
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27	28	29	30	31		
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