




September 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 9:30-T'ai Chi Chuan	2
3 Closed for Labor Day	4	5 10:30 – Falun Gong	6 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	7 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	8 9:30-T'ai Chi Chuan	9
10 9:15 – Senior Fitness 9:30- T'ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	11	12 10:30 – Falun Gong	13 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	14 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	15 9:30-T'ai Chi Chuan	16
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24 9:15 – Senior Fitness 9:30- T'ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	25	26 10:30 – Falun Gong	27 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	28 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	29	30