

# October 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
	9:30- T`ai Chi Chuan 1:15-Line Dancing 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	
8	9	10	11	12	13	14
	Closed For Columbus Day	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	
15	16	17	18	19	20	21
	9:30- T`ai Chi Chuan 1:15-Line Dancing 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	
22	23	24	25	26	27	28
	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	
29	30	31				
	9:15 – Senior Fitness 9:30- T`ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	10:30 – Falun Gong				
						