



November 2017

Parsippany Community Center Exercise Classes

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	2 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	3 9:30-T'ai Chi Chuan	4 
5	6 9:15 – Senior Fitness 10:30-Stretch & Strength 1:15-Line Dancing 3:00 -4:30 T'ai Chi Chuan	7 10:30 – Falun Gong	8 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	9 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	10 Closed for Veteran's Day	11 
12	13 9:15 – Senior Fitness 9:30- T'ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	14 10:30 – Falun Gong	15 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	16 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	17 9:30-T'ai Chi Chuan	18
19	20 9:15 – Senior Fitness 10:30-Stretch & Strength 1:15-Line Dancing 3:00 -4:30 T'ai Chi Chuan	21 10:30 – Falun Gong	22 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	23 Closed for Thanksgiving	24 Closed	25 
26	27 9:15 – Senior Fitness 9:30- T'ai Chi Chuan 10:30-Stretch & Strength 1:15-Line Dancing	28 10:30 – Falun Gong	29 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	30 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing		
						