



# December 2017

## Parsippany Community Center Exercise Classes

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1 9:30-T'ai Chi Chuan	2
3	4 9:15 – Senior Fitness 10:30-Stretch & Strength 1:15-Line Dancing 3:00 -4:30 T'ai Chi Chuan	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 	11 9:15 – Senior Fitness 10:30-Stretch & Strength 1:15-Line Dancing 3:00 -4:30 T'ai Chi Chuan	12 10:30 – Falun Gong Hanukkah begins	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 
17	18 9:15 – Senior Fitness &-Stretch & Strength 10:30 no class 1:15-Line Dancing 3:00 -4:30 T'ai Chi Chuan	19 10:30 – Falun Gong	20 9:15-Senior Fitness & forever Fit 10:30 No Class 3-4pm - Grand Dancing	21 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	22 Closed For Christmas	23
24	25 Closed For Christmas	26 10:30 – Falun Gong Kwanzaa begins Boxing Day	27 9:15-Senior Fitness no class 10:30 Forever Fit no class 3-4pm - Grand Dancing	28 9:15-No Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	29 Closed For New Years	30
31 						

*Peace Joy Love*