



# January 2018

## Parsippany Community Center Exercise Classes

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	<b>1</b> Closed for New Years	<b>2</b> 10:30 – Falun Gong	<b>3</b> 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	<b>4</b> 9:15-Yoga 9:30-T`ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	<b>5</b> 9:30-T`ai Chi Chuan	<b>6</b> 
<b>7</b>	<b>8</b> 9:30 T`ai Chi Chuan 9:15 – Senior Fitness 10:30-Stretch & Strength 1:15-Line Dancing	<b>9</b> 10:30 – Falun Gong	<b>10</b> 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	<b>11</b> 9:15-Yoga 9:30-T`ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	<b>12</b> 9:30-T`ai Chi Chuan	<b>13</b>
<b>14</b> 	<b>15</b> Closed for Martin Luther King Day	<b>16</b> 10:30 – Falun Gong	<b>17</b> 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	<b>18</b> 9:15-Yoga 9:30-T`ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	<b>19</b> 9:30-T`ai Chi Chuan	<b>20</b> 
<b>21</b>	<b>22</b> 9:30 T`ai Chi Chuan 9:15 – Senior Fitness 10:30-Stretch & Strength 1:15-Line Dancing	<b>23</b> 10:30 – Falun Gong	<b>24</b> 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	<b>25</b> 9:15-Yoga 9:30-T`ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	<b>26</b> 9:30-T`ai Chi Chuan	<b>27</b>
<b>28</b>	<b>29</b> 9:30 T`ai Chi Chuan 9:15 – Senior Fitness 10:30-Stretch & Strength 1:15-Line Dancing	<b>30</b> 10:30 – Falun Gong	<b>31</b> 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing			
						