



# April 2018

## Parsippany Community Center Exercise Classes

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<b>1</b> 	<b>2</b> 9:15 – Senior Fitness 10:30-Stretch & Strength 1:15-Line Dancing 3:00 T'ai Chi Chuan	<b>3</b> 10:30 – <b>Falun Gong</b>	<b>4</b> 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	<b>5</b> 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	<b>6</b> 9:30-T'ai Chi Chuan	<b>7</b> 
<b>8</b>	<b>9</b> 9:30 T'ai Chi Chuan 9:15 – Senior Fitness 10:30-Stretch & Strength 1:15-Line Dancing	<b>10</b> 10:30 – <b>Falun Gong</b>	<b>11</b> 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	<b>12</b> 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	<b>13</b> 9:30-T'ai Chi Chuan	<b>14</b>
<b>15</b>	<b>16</b> 9:15 – Senior Fitness 10:30-Stretch & Strength 1:15-Line Dancing 3:00 T'ai Chi Chuan	<b>17</b> 10:30 – <b>Falun Gong</b>	<b>18</b> 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	<b>19</b> 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	<b>20</b> 9:30-T'ai Chi Chuan	<b>21</b>
<b>22</b>	<b>23</b> 9:30 T'ai Chi Chuan 9:15 – Senior Fitness 10:30-Stretch & Strength 1:15-Line Dancing	<b>24</b> 10:30 – <b>Falun Gong</b>	<b>25</b> 9:15 No-Senior Fitness 10:30 No Forever Fit 3-4pm - Grand Dancing	<b>26</b> 9:15- No Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	<b>27</b> 9:30-T'ai Chi Chuan	<b>28</b>
<b>29</b>	<b>30</b> 9:30 T'ai Chi Chuan 9:15 – Senior Fitness 10:30-Stretch & Strength 1:15-Line Dancing					
						