



July 2018

Parsippany Community Center Exercise Classes

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 	2 9:15 – Senior Fitness 10:30-Stretch & Strength 1:15-Line Dancing 3:00 T'ai Chi Chuan	3 10:30 – Falun Gong	4 Closed for the 4th of July	5 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	6 9:30-T'ai Chi Chuan	7
8	9 9:30 T'ai Chi Chuan 9:15 – No Senior Fitness class 10:30- No Stretch & Strength class 1:15-Line Dancing	10 10:30 – Falun Gong	11 9:15- No Senior Fitness class 10:30 No Forever Fit class 3-4pm - Grand Dancing	12 9:15 – No Yoga class 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	13 9:30-T'ai Chi Chuan	14
15 	16 9:15 – Senior Fitness 10:30-Stretch & Strength 1:15-Line Dancing 3:00 T'ai Chi Chuan	17 10:30 – Falun Gong	18 9:15-Senior Fitness 10:30 Forever Fit 3-4pm - Grand Dancing	19 9:15-Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	20 9:30-T'ai Chi Chuan	21
22	23 9:30 T'ai Chi Chuan 9:15 – Senior Fitness 10:30-Stretch & Strength 1:15-Line Dancing	24 10:30 – Falun Gong	25 9:15 -Senior Fitness 10:30- Forever Fit 3-4pm - Grand Dancing	26 9:15- No Yoga 9:30-T'ai Chi Chuan 11:00- Walking Club PAL 1:30-Ballroom Dancing	27 9:30-T'ai Chi Chuan	28
29 	30 9:30 T'ai Chi Chuan 9:15 – Senior Fitness 10:30-Stretch & Strength 1:15-Line Dancing	31 10:30 – Falun Gong				

Monday July 9th, Wednesday July 11th, and Thursday July 12th All of Rebecca Mancini Classes are Canceled For that week only. Thank you.