

September 2023-Silver Sneakers

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10 – 10:45 Yoga Brian	2
3	4 HAPPY LABOR DAY	5 10 – 10:45 Circuit Maria	6 10 – 10:45 Classic Jodee	7 10 – 10:45 Yoga Brian	8 10 – 10:45 Circuit Deb	9
10	11 10 – 10:45 Classic Deb	12 10 – 10:45 Yoga Maria	13 10 – 10:45 Classic Deb	14 10 – 10:45 Circuit Jodee	15 10 – 10:45 Yoga Brian	16
17	18 10 – 10:45 Classic Deb	19 10 – 10:45 Circuit Maria	20 10 – 10:45 Classic Jodee	21 10 – 10:45 Yoga Brian	22 10 – 10:45 Circuit Deb	23
24	25 10 – 10:45 Classic Deb	26 10 – 10:45 Yoga Maria	27 10 – 10:45 Classic Jodee	28 10 – 10:45 Circuit Jodee	29 10 – 10:45 Yoga Brian	30