



# November 2017 SilverSneakers Schedule



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>*= JoAnn's Senior Yoga</b> Members: \$2 Non-Members: \$3</p> <p><b>** = Tanya's Senior Fit:</b> Members: \$2</p>		<p>1</p> <p>9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee</p>	<p>2</p> <p>9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**</p>	<p>3</p> <p>9 - 9:45 Classic w/ JoAnn 11 - 11:45 Splash w/ Judi</p>	<p>4</p>
5	<p>6</p> <p>8:00 - 9:00 Sr. Yoga w/JoAnn* 10:15 - 11 Yoga w/ Renee 11:00 - 11:45am Splash w/ Judi 11:15-12 Circuit w/ Renee</p>	<p>7</p> <p>9 - 9:45 Splash with Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh 11 - 11:45 Tanya's Senior Fit**</p>	<p>8</p> <p>9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee</p>	<p>9</p> <p>9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**</p>	<p>10</p> <p>9 - 9:45 Classic w/ JoAnn 11 - 11:45 Splash w/ Judi</p>	<p>11</p>
12	<p>13</p> <p>8:00 - 9:00 Sr. Yoga w/JoAnn* 10:15 - 11 Yoga w/ Renee 11:00 - 11:45am Splash w/ Judi 11:15-12 Circuit w/ Renee</p>	<p>14</p> <p>9 - 9:45 Splash with Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh 11 - 11:45 Tanya's Senior Fit**</p>	<p>15</p> <p>9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee</p>	<p>16</p> <p>9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**</p>	<p>17</p> <p>9 - 9:45 Classic w/ JoAnn 11 - 11:45 Splash w/ Judi</p>	<p>18</p>
19	<p>20</p> <p>8:00 - 9:00 Sr. Yoga w/JoAnn* 10:15 - 11 Yoga w/ Renee 11:00 - 11:45am Splash w/ Judi 11:15-12 Circuit w/ Renee</p>	<p>21</p> <p>9 - 9:45 Splash with Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh 11 - 11:45 Tanya's Senior Fit**</p>	<p>22</p> <p>9 - 9:45 Classic w/ JoAnn</p>	<p>23</p> <p><i>thankful &amp; blessed</i></p>	<p>24</p> 	<p>25</p>
26	<p>27</p> <p>8:00 - 9:00 Sr. Yoga w/JoAnn* 10:15 - 11 Yoga w/ Renee 11:00 - 11:45am Splash w/ Judi 11:15-12 Circuit w/ Renee</p>	<p>28</p> <p>9 - 9:45 Splash with Judi 9-9:45 Cardio w/Renee 10 - 10:45 Classic w/ Leigh 11 - 11:45 Tanya's Senior Fit**</p>	<p>29</p> <p>9 - 9:45 Classic w/ JoAnn 10:15-11 Yoga w/ Renee 11:15 - 12:00 Circuit w/ Renee</p>	<p>30</p> <p>9 - 9:45 Splash w/ Judi 10-10:45 Cardio w/ Leigh 11 - 11:45 Tanya's Senior Fit**</p>		