



NOVEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 *7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	2
3	4 8:30am Circuit Training 4 Seniors SPLASH PAD CLOSED FOR VOTING. NO CLASSES	5 8:30am Beginners Chair Yoga SPLASH PAD CLOSED FOR VOTING. NO CLASSES	6 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	7 8:30am Beginners Chair Yoga 9:00am SS Yoga 5:30pm Power Hour	8 *7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	9
10	11 *7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 10:00am Line Dance 5:30pm Power Hour 	12 8:30am Beginners Chair Yoga 9:00am SS Yoga	13 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	14 8:30am Beginners Chair Yoga 9:00am SS Yoga 5:30pm Power Hour	15 *7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	16
17 Fitness Room Hours: M-F 5:30am-8:30pm Sat. 7:00am-6:30pm Sun. CLOSED	18 *7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 10:00am Line Dance 5:30pm Power Hour	19 8:30am Beginners Chair Yoga 9:00am SS Yoga	20 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	21 8:30am Beginners Chair Yoga 9:00am SS Yoga 5:30pm Power Hour	22 *7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	23
24	25 *7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 10:00am Line Dance 5:30pm Power Hour	26 8:30am Beginners Chair Yoga 9:00am SS Yoga	27 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance *5:15pm TRX	28 Happy Thanksgiving  Recreation Center Closed	29 *7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	30