

## All Exercise Classes Are Free

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8-4 Pool Room Open	8-4 Pool Room Open	8-4 Pool Room Open	8-4 Pool Room Open	8-4 Pool Room Open
8-11 Busy Fingers Circle	10-11 Body & Brain Fitness (Pat Boulay)	9-10 Mat Yoga (Karen Matte)	9-9:30 BE Fit with Laura from Brookdale	10-11 Body & Brain Fitness (Pat Boulay)
8:30-9:30 Mat Yoga (Karen Matte)	10-11 Aqua Aerobics (Boys & Girls Club-Karen)	10-11 Chair Yoga (Karen Matte)	9:30-10:30 Ballroom Dancing (John Soares)	11:30-12:30 Meal Site (\$3 Donation)
9:30-10:30 Chair Yoga (Karen Matte)	11:30-12:30 Meal Site (\$3 Donation)	11:30-12:30 Meal Site (\$3 Donation)	10-11 Aqua Aerobics (Boys & Girls Club-Karen)	<b>11:30-12:30 Chair Yoga/Meditation</b>
9:30-11:30 Free Manicures	12:45-3 Watercolor Art Class (Jerry As-	12:30 Movies & Popcorn	11:30-12:30 Meal Site (\$3 Donation)	12:45 Bingo
9:30 Walking Club	1-2 Free Blood Pressure Screening Sponsored by Oakland Grove Health Center	1-2 Strength Training (Charlene)	11-12 Boot Camp Gold (Kelley B)	2-4 Ping Pong
10:30-11:30 Weight Training Gold (Kelley)		2-4 Ping Pong	2-4 Ping Pong	
11:30-12:30 Meal Site (\$3 Donation)		1-4 Scrabble		
1-3:45 Hi, Lo, Jack				