

Weekly Calendar

30 mins
45 mins

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

9:30	Strength & Balance		Upper Body		Chair Yoga
10:00			Falls Prevention		Falls Prevention
11:00	Advanced Strength		Advanced Strength		
	Trail Trekkers (Outside)		Trail Trekkers (Outside)		
1:00					Drum Fit
1:30					Tai Chi
2:00	Falls Prevention				