

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12	3 SIT & FIT 11-12	4 AQUA FIT 11-12	5 SIT & FIT 11-12	THINK POSITIVELY EXERCISE DAILY EAT HEALTHY WORK HARD STAY STRONG WORRY LESS DANCE MORE LOVE OFTEN BE HAPPY
9 NHCHC CLOSED	10 SIT & FIT 11-12	11 AQUA FIT 11-12	12 SIT & FIT 11-12	
16 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12	17 SIT & FIT 11-12	18 AQUA FIT 11-12	19 SIT & FIT 11-12	
23 TAI CHI 10-11 YOGA 10-11 AQUA FIT 11-12	24 SIT & FIT 11-12	25 AQUA FIT 11-12	26 SIT & FIT 11-12	
30 AQUA FIT 11-12	31 SIT & FIT 11-12			

