

October



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5 6:30 pm <u>Line Dancing with Kristie</u>	6 12:00pm <u>Functional Movement</u> 8:00 pm <u>Line Dancing with Kristie</u>	7 9:30am <u>Balance & Flow Yoga</u>	8 12:00pm <u>Functional Strength</u>	9	10	11
12 6:30 pm <u>Line Dancing with Kristie</u>	13 12:00pm <u>Functional Movement</u> 8:00 pm <u>Line Dancing with Kristie</u>	14 9:30am <u>Balance & Flow Yoga</u>	15 12:00pm <u>Functional Strength</u>	16	17	18
19 6:30 pm <u>Line Dancing with Kristie</u>	20 12:00pm <u>Functional Movement</u> 8:00 pm <u>Line Dancing with Kristie</u>	21 9:30am <u>Balance & Flow Yoga</u> 6:30pm <u>FREE Workshop: Restorative Yoga</u>	22 12:00pm <u>Functional Strength</u>	23	24 9:00 am <u>Circuit Zone</u>	25
26 6:30 pm <u>Line Dancing with Kristie</u>	27 12:00pm <u>Functional Movement</u> 8:00 pm <u>Line Dancing with Kristie</u>	28 9:30am <u>Balance & Flow Yoga</u> 6:30pm <u>4 week series_ Restorative Yoga with Yoga Nidra</u>	29 12:00pm <u>Functional Strength</u>	30 	31 9:00 am <u>Tone Zone</u> 	