

## September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
CLOSED	LABOR DAY CLOSED	Center OPENS AT 2 PM	Coffee with Diane 9 am	Walking Club 9:30 - 10:15 am	CLOSED	CLOSED
			Senior Exercise Class 10:30am	Trivia Day 10:30 - 11:30 am		
			Zumba 11:30 am			
		4:15 - 4:45 pm - Karate OPEN / Boot Camp		4:15 - 4:45 pm - Karate OPEN / Boot Camp		
		5 - 6 pm - Beginners Karate - Ages 7 & Over	4:15 - 4:45 pm - Karate OPEN / Boot Camp	5 - 6 pm - Beginners Karate - Ages 7 & Over		
		6 - 7 pm - Advanced Karate Class	4pm - 6pm Sensei Private Sessions	6 - 7 pm - Advanced Karate Class		
7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
CLOSED	Coffee with Diane 9 am	Center OPENS AT 2 PM	Coffee with Diane 9 am	Walking Club 9:30 - 10:15 am	CLOSED	CLOSED
	Senior Exercise Class 10:30am		Senior Exercise Class 10:30am			
	Zumba 11:30 am		Zumba 11:30 am			
	4:15 - 4:45 pm - Karate OPEN / Boot Camp	4:15 - 4:45 pm - Karate OPEN / Boot Camp	BUNCO - 1pm - 3pm	4:15 - 4:45 pm - Karate OPEN / Boot Camp		
	Chair Yoga 1 - 2 pm	5 - 6 pm - Beginners Karate - Ages 7 & Over	4:15 - 4:45 pm - Karate OPEN / Boot Camp	5 - 6 pm - Beginners Karate - Ages 7 & Over		
	4pm - 6:30pm PAKT Sparring Class	6 - 7 pm - Advanced Karate Class	4pm - 6pm Sensei Private Sessions	6 - 7 pm - Advanced Karate Class		
14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
CLOSED	Coffee with Diane 8:30 am	Center OPENS AT 2 PM	Coffee with Diane 8:30 am	Walking Club 9:30 - 10:15 am	CLOSED	CLOSED
	Strength & Toning I 9:30am		Strength & Toning I 9:30am	Trivia Day 10:30 - 11:30 am		
	Strength & Toning II 10:30am		Strength & Toning II 10:30am			
	Zumba 11:30 am	Tai Chi 2 - 3 pm	Zumba 11:30 am			
	Chair Yoga 1 - 2 pm	4:15 - 4:45 pm - Karate OPEN / Boot Camp	BINGO - 1pm - 3pm	4:15 - 4:45 pm - Karate OPEN / Boot Camp		
	4:15 - 4:45 pm - Karate OPEN / Boot Camp	5 - 6 pm - Beginners Karate - Ages 7 & Over	4:15 - 4:45 pm - Karate OPEN / Boot Camp	5 - 6 pm - Beginners Karate - Ages 7 & Over		
	4pm - 6:30pm PAKT Sparring Class	6 - 7 pm - Advanced Karate Class	4pm - 6pm Sensei Private Sessions	6 - 7 pm - Advanced Karate Class		
21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
CLOSED	Coffee with Diane 8:30 am	Center OPENS AT 2 PM	Coffee with Diane 8:30 am	Walking Club 9:30 - 10:15 am	CLOSED	CLOSED
	Strength & Toning I 9:30am		Strength & Toning I 9:30am			
	Strength & Toning II 10:30am		Strength & Toning II 10:30am			
	Zumba 11:30 am		Zumba 11:30 am			
	Chair Yoga 1 - 2 pm	4:15 - 4:45 pm - Karate OPEN	PINOCHLE - 1 - 3pm	4:15 - 4:45 pm - Karate OPEN		
	4:15 - 4:45 pm - Karate OPEN	5 - 6 pm - Beginners Karate - Ages 7 & Over	4:15 - 4:45 pm - Karate OPEN	5 - 6 pm - Beginners Karate - Ages 7 & Over		
	4pm - 6:30pm PAKT Sparring Class	6 - 7 pm - Advanced Karate Class	4pm - 6pm Sensei Private Sessions	6 - 7 pm - Advanced Karate Class		
28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
CLOSED	Coffee with Diane 8:30 am	Center OPENS AT 2 PM			CLOSED	CLOSED
	Strength & Toning I 9:30am					
	Strength & Toning II 10:30am					
	Zumba 11:30 am	Tai Chi 2 - 3 pm				
	Chair Yoga 1 - 2 pm	4:15 - 4:45 pm - Karate OPEN / Boot Camp				
	4:15 - 4:45 pm - Karate OPEN / Boot Camp	5 - 6 pm - Beginners Karate - Ages 7 & Over				
	4pm - 6:30pm PAKT Sparring Class	6 - 7 pm - Advanced Karate Class				