

November 2022 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Health classes are offered in person at 125 New Milford Tpk. & virtually through Zoom.</p> <p>Fitness classes will be held at our gym facility, 39 Park Lane Road in New Milford.</p> <p>Please go to our website acthealth.org and click on the 'Schedule' tab or sign up by calling 860-868-7318</p>						
		1 Active Body Basics 2:00pm Active Body Basics 2:40pm	2 Building Better Bones 2:30pm Boot Camp 4:40pm Boot Camp 5:20pm	3 Boxing Bootcamp 4:30pm Boxing Bootcamp 5:30pm	4 Active Body Basics 10:00am Active Body Basics 10:40am Retake Strength & Stability 2:00pm	5 Boot Camp 8:00am
6	7	8 Active Body Basics 2:00pm No 2:40pm ABB	9 Building Better Bones 2:30pm Boot Camp 4:40pm Boot Camp 5:20pm	10 Boxing Bootcamp 4:30pm Boxing Bootcamp 5:30pm	11 Active Body Basics 10:00am Active Body Basics 10:40am Retake Strength & Stability 2:00pm	12 Boot Camp 8:00am
13	14	15 Active Body Basics 2:00pm Active Body Basics 2:40pm	16 Building Better Bones 2:30pm Boot Camp 4:40pm Boot Camp 5:20pm	17 Boxing Bootcamp 4:30pm Boxing Bootcamp 5:30pm	18 Active Body Basics 10:00am Active Body Basics 10:40am No Retake Strength & Stability	19 Boot Camp 8:00am
20	21	22 Active Body Basics 2:00pm Active Body Basics 2:40pm	23 No Classes	24 Office Closed Happy Thanksgiving	25 Office Closed No Classes	26 Boot Camp 8:00am
27	28	29 Active Body Basics 2:00pm Active Body Basics 2:40pm	30 Building Better Bones 2:30pm Boot Camp 4:40pm Boot Camp 5:20pm			