

# October 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3
			6:30-7:30am <b>Functional Fitness</b> 9:00-10:15am <b>Flow Yoga</b>  4:00-5:00pm <b>Functional Fitness</b>	9:00-10:00am <b>Functional Fitness for Seniors</b>	8:00-9:00am <b>Functional Fitness</b> 9:30-10:45am <b>Flow Yoga</b>
5	6	7	8	9	10
9:00-10:15am <b>Very Gentle Flow Yoga</b>  4:00-5:00pm <b>Functional Fitness</b> 6:00-8:00pm <b>Honor Your Health Program</b>	6:30-7:30am <b>Functional Fitness</b> 9:00-10:15am <b>Flow Yoga</b>	6:00-7:00pm <b>Monthly Yoga Nidra</b>	6:30-7:30am <b>Functional Fitness</b> 9:00-10:15am <b>Flow Yoga</b>  4:00-5:00pm <b>Functional Fitness</b>	9:00-10:00am <b>Functional Fitness for Seniors</b>	8:00-9:00am <b>Functional Fitness</b> 9:30-10:45am <b>Flow Yoga</b>
Indigenous Peoples' Day 12	13	14	15	16	17
No Very Gentle Flow Yoga or Functional Fitness Classes  6:00-8:00pm <b>Honor Your Health Program</b>	6:30-7:30am <b>Functional Fitness</b> 9:00-10:15am <b>Flow Yoga</b>	1:00 – 2:00pm <b>Chair Yoga</b>	6:30-7:30am <b>Functional Fitness</b> 9:00-10:15am <b>Flow Yoga</b>  4:00-5:00pm <b>Functional Fitness</b>	9:00-10:00am <b>Functional Fitness for Seniors</b>	8:00-9:00am <b>Functional Fitness</b> 9:30-10:45am <b>Flow Yoga</b>
19	20	21	22	23	24
9:00-10:15am <b>Very Gentle Flow Yoga</b>  4:00-5:00pm <b>Functional Fitness</b> 6:00-8:00pm <b>Honor Your Health Program</b>	6:30-7:30am <b>Functional Fitness</b> 9:00-10:15am <b>Flow Yoga</b>	1:00 – 2:00pm <b>Chair Yoga</b>	6:30-7:30am <b>Functional Fitness</b> 9:00-10:15am <b>Flow Yoga</b>  4:00-5:00pm <b>Functional Fitness</b>	9:00-10:00am <b>Functional Fitness for Seniors</b>	8:00-9:00am <b>Functional Fitness</b> 9:30-10:45am <b>Flow Yoga</b>
26	27	28	29	30	Halloween 31
9:00-10:15am <b>Very Gentle Flow Yoga</b>  4:00-5:00pm <b>Functional Fitness</b> 6:00-8:00pm <b>Honor Your Health Program</b>	6:30-7:30am <b>Functional Fitness</b> 9:00-10:15am <b>Flow Yoga</b>	1:00 – 2:00pm <b>Chair Yoga</b>	6:30-7:30am <b>Functional Fitness</b> 9:00-10:15am <b>Flow Yoga</b>  4:00-5:00pm <b>Functional Fitness</b>	9:00-10:00am <b>Functional Fitness for Seniors</b>  5:30-6:30pm <b>Honor Your Health Follow-up</b>	8:00-9:00am <b>Functional Fitness</b> 9:30-10:45am <b>Flow Yoga</b>