

# Aerobics Calendar

## October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>CLASSES WILL TAKE PLACE INDOORS</u> AT THE COMMUNITY CENTER IN THE GYMNASIUM <u>NON-MEMBERS ARE WELCOME TO ATTEND CLASSES</u> Please bring your own <u>WATER</u> and <u>MAT</u></p>	<p>Sept. 28 H.I.I.T. 8am (M) Yoga as Therapy: 9:15 am Pound 2:45pm-3:45pm After School Program 4-5pm Tabata 5:30pm Dynamic Duo Karate -6:45pm</p>	<p>Sep 29 Yoga 8am (DJ) Pilates 9:15-10:15 Pre-K 11am-12 After School Program 4-5pm  Tabata 5:30pm Line Dance 6:45pm</p>	<p>Sep 30 <b>CLOSED FOR DISINFECTING</b></p>	<p>1 Outdoor Yoga 7:45 am (M) Pre-K 11am-12 After School Program 4-5pm  Karate 5:15pm-8pm</p>	<p>2 Zumba 8am Yoga 9:15am (L)  Pre-K 11am-12 After School Program 4-5pm</p>	<p>3 Yoga 9am (DJ)  S.A.F.E./Women's Self-Defense 10:15am</p>
<p><b>Aerobic &amp; Yoga classes are LIMITED to FIRST COME, FIRST SERVE BASIS</b> <u>Aerobics:</u> \$1 Members \$5 Non-members <u>Yoga:</u> \$2 Members \$7 Non-members</p>	<p>5 H.I.I.T. 8am (M) Yoga as Therapy: 9:15 am Pound 2:45pm-3:45pm After School Program 4-5pm Tabata 5:30pm Dynamic Duo Karate -6:45pm</p>	<p>6 Yoga 8am (DJ) Pilates 9:15-10:15 Pre-K 11am-12 After School Program 4-5pm Tabata 5:30pm Line Dance 6:45pm</p>	<p>7 <b>CLOSED FOR DISINFECTING</b></p>	<p>8 Outdoor Yoga 7:45 am (M) Pre-K 11am-12 After School Program 4-5pm  Karate 5:15pm-8pm</p>	<p>9 Zumba 8am Yoga 9:15am (L)  Pre-K 11am-12 After School Program 4-5pm</p>	<p>10 Yoga 9am (DJ)  S.A.F.E./Women's Self-Defense 10:15am</p>
<p><u>OUTDOOR YOGA with Michelle @ 8am on Thursdays</u> Location: Senator Jean Preston Memorial Park <b>UNTIL FURTHER NOTICE</b></p>	<p>12 H.I.I.T. 8 am (M) Yoga as Therapy: 9:15 am Pound 2:45pm-3:45pm After School Program 4-5pm Tabata 5:30pm Dynamic Duo Karate -6:45pm</p>	<p>13 Yoga 8am (DJ) Pilates 9:15-10:15 Pre-K 11am-12 After School Program 4-5pm  Tabata 5:30pm Line Dance 6:45pm</p>	<p>14 <b>CLOSED FOR DISINFECTING</b></p>	<p>15 Outdoor Yoga 8 am (M)</p>	<p>16 Zumba 8am Yoga 9:15am (L)  <b>Blood Drive 2pm-8pm</b></p>	<p>17 Yoga 9am (DJ)  S.A.F.E./Women's Self-Defense 10:15am</p>
<p><u>Yearly Memberships:</u> EI Taxpayer Ind. \$150 EI Taxpayer Family \$200 Non-Resident Ind. \$350 Non-Resident Family \$500 <u>Short-term Memberships</u> Per person: Monthly \$50</p>	<p>19 H.I.I.T. 8 am (M) Yoga as Therapy: 9:15 am</p>	<p>20 Yoga 8am (DJ) Pilates 9:15-10:15</p>	<p>21 <b>CLOSED FOR DISINFECTING</b></p>	<p>22 Outdoor Yoga 8am (M)</p>	<p>23 Zumba 8am Yoga 9:15am (L)</p>	<p>24 <del>Yoga 9am (DJ)</del>  S.A.F.E./Women's Self-Defense 10:15am</p>
<p><u>Hours of Operation:</u> Mon, Tue, Thurs, Fri 7:30am-2pm Sat. 8am-3pm <b>WED &amp; SUN CLOSED</b> Rev. 10/14/2020</p>	<p>26 H.I.I.T. 8 am (M) Yoga as Therapy: 9:15 am</p>	<p>27 Yoga 8am (DJ) Pilates 9:15-10:15</p>	<p>28 <b>CLOSED FOR DISINFECTING</b></p>	<p>29 Outdoor Yoga 8am (M)</p>	<p>30 Zumba 8am Yoga 9:15am (L)</p>	<p>31 Yoga 9am (DJ)  S.A.F.E./Women's Self-Defense 10:15am</p>