

# OCTOBER 2019

Mon	Tue	Wed	Thu	Fri	
	1	2	3	4	<b>INSTRUCTORS:</b> (SEE BELOW)
	Yoga 9:30a-10:30a Instructor: Tabby	Total Body in Ten (A TEN EXERCISE CIRCUIT HITTING ALL MAJOR MUSCLE GROUPS) 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby  Spunky Seniors Chair Aerobics: 1:00-1:30p Instructor: Tabby	TBC: TOTAL BODY CONDITIONING 9:30a-10:30a Instructor: Tabby	
7	8	9	10	11	<b>Cathy Kumar</b> Registered Yoga Teacher Yoga Alliance/ M.S. in Health & Wellness Promotion
Kickboxing 9:30a-10:30a Instructor: Tabby  Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby  Spunky Seniors Chair Aerobics: 1:00-1:30p Instructor: Tabby	TBC: TOTAL BODY CONDITIONING 9:30a-10:30a Instructor: Tabby	
14	15	16	17	18	<b>Tabby Horvath</b> ACE Certified Group Fitness Instructor /M.S. Human Wellness
Kickboxing 9:30a-10:30a Instructor: Tabby  Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby  Spunky Seniors Chair Aerobics: 1:00-1:30p Instructor: Tabby	TBC: TOTAL BODY CONDITIONING 9:30a-10:30a Instructor: Tabby	
21	22	23	24	25	
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28	29	30	31		
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