<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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<td></td>
<td></td>
<td>INSTRUCTORS: (SEE BELOW)</td>
</tr>
</tbody>
</table>
| 1   |     |     |     | Cathy Kumar  
Registered Yoga Teacher Yoga Alliance/ M.S. in Health & Wellness Promotion |
|     |     |     |     | Tabby Horvath  
ACE Certified Group Fitness Instructor /M.S. Human Wellness |
| 7   | 8   | 9   | 10  | Yoga  
9:30a-10:30a  
Instructor: Tabby |
|     |     |     |     | 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 |
|     | 14  | 15  | 16  | 17  | 18  |
|     |     |     |     | Yoga  
9:30a-10:30a  
Instructor: Tabby |
|     |     |     |     | 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 |
|     | 21  | 22  | 23  | 24  | 25  |
|     |     |     |     | Yoga  
9:30a-10:30a  
Instructor: Tabby |
|     |     |     |     | 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 |
|     | 28  | 29  | 30  | 31  |
|     |     |     |     | Yoga  
9:30a-10:30a  
Instructor: Tabby |
|     |     |     |     | 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 |