

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2024

		1	2	3	4	5
		8 AM Mat Yoga-TAR 9:30pm Fitness Fusion CH 993 10:30Am-11:30Am Open Gym-Exercise Room 1:15 PM Balance- TAR 2:30 PM Fitness Fusion- TAR	8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 10:15AM Aquatics-Pool 1:30PM- Chair Yoga- TAR 3pm Balance Class CH 993 Rosh Hashanah Begins	8 AM Mat Yoga-TAR 9:30pm Fitness Fusion CH 993 10:30Am-11:30Am Open Gym-Exercise Room 1:15 PM Balance- TAR 2:30 PM Fitness Fusion-TAR	8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 1:30pm Functional Fitness- TAR 1:30pm-2:30pm- Open Swim-Pool 2:30pm- Aquatics- Pool 3pm Balance Class CH 993	9:30 Fitness Fusion- Ch.993
6	7	8	9	10	11	12
9:30 Fitness Fusion- Ch.993	8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 10:15AM Aquatics-Pool 11am-12pm Open Swim-Pool 1:30pm Functional Fitness- TAR 2:30pm- Aquatics- Pool 3pm Balance Class CH 993	8 AM Mat Yoga-TAR 9:30pm Fitness Fusion CH 993 10:30Am-11:30Am Open Gym-Exercise Room 1:15 PM Balance- TAR 2:30 PM Fitness Fusion-TAR	8:15 Fitness Fusion TAR 9:30 Fitness Fusion 993 10:15AM Aquatics-Pool 1:30PM- Chair Yoga- TAR 3pm Balance Class CH 993	8 AM Mat Yoga-TAR 9:30pm Fitness Fusion CH 993 10:30Am-11:30Am Open Gym-Exercise Room 1:15 PM Balance- TAR 2:30 PM Fitness Fusion-TAR	8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 1:30pm Functional Fitness- TAR 1:30pm-2:30pm- Open Swim-Pool 2:30pm- Aquatics- Pool 3pm Balance Class CH 993 Yom Kippur Begins	9:30 Fitness Fusion- Ch.993
13	14	15	16	17	18	19
9:30 Fitness Fusion- Ch.993	8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 10:15AM Aquatics-Pool 11am-12pm Open Swim-Pool 1:30pm Functional Fitness- TAR 2:30pm- Aquatics- Pool 3pm Balance Class CH 993 Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)	8 AM Mat Yoga-TAR 9:30pm Fitness Fusion CH 993 10:30Am-11:30Am Open Gym-Exercise Room 1:15 PM Balance- TAR 2:30 PM Fitness Fusion-TAR	8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 10:15AM Aquatics-Pool 1:30PM- Chair Yoga- TAR 3pm Balance Class CH 993 Sukkot Begins	8 AM Mat Yoga-TAR 9:30pm Fitness Fusion CH 993 10:30Am-11:30Am Open Gym-Exercise Room 1:15 PM Balance- TAR 2:30 PM Fitness Fusion-TAR	8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 1:30pm Functional Fitness- TAR 1:30pm-2:30pm- Open Swim-Pool 2:30pm- Aquatics- Pool 3pm Balance Class CH 993	9:30 Fitness Fusion- Ch.993
20	21	22	23	24	25	26
9:30 Fitness Fusion- Ch.993	8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 10:15AM Aquatics-Pool 11am-12pm Open Swim-Pool 1:30pm Functional Fitness- TAR 2:30pm- Aquatics- Pool 3pm Balance Class CH 993	8 AM Mat Yoga-TAR 9:30pm Fitness Fusion CH 993 10:30Am-11:30Am Open Gym-Exercise Room 1:15 PM Balance- TAR 2:30 PM Fitness Fusion-TAR	8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 10:15AM Aquatics-Pool 1:30PM- Chair Yoga- TAR 3pm Balance Class CH 993	8 AM Mat Yoga-TAR 9:30pm Fitness Fusion CH 993 10:30Am-11:30Am Open Gym-Exercise Room 1:15 PM Balance- TAR 2:30 PM Fitness Fusion-TAR Simchat Torah Begins	8:15 Fitness Fusion TAR 9:30 Fitness Fusion 2VCR 1:30pm Functional Fitness- TAR 1:30pm-2:30pm- Open Swim-Pool 2:30pm- Aquatics- Pool 3pm Balance Class CH 993	9:30 Fitness Fusion- Ch.993
27	28	29	30	31		
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