

OCTOBER 2024

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
9:00 AM		Senior CLUB Pickleball 9:00-12:00	Walk Inside 9:00-10:00 am	Walk Inside 9:00-10:00 am	Walk Inside 9:00-10:00 am	Senior CLUB Pickleball 9:00-12:00	Boot Camp 9:00-10:00		
10:00 AM			Free Zumba Gold 10:00-11:00	Yoga 10:00-11:15	Free Zumba Gold 10:00-11:00				
10:30 AM									
11:00 AM							Social Group Autism Spectrum 11:00-12:00 Ages 4-8		
11:15 AM									
11:30 AM									
12:00 PM									
12:30 PM									
1:00 PM									
2:00 PM			Adult Pickleball 2:00-5:00 ends 10/27						
3:00 PM									
3:30 PM									
4:00 PM									
4:15 PM	Art Classes Kindergarten-6th 4:15-6:30	Health Dept Programs various times See List Below							
5:00 PM			Health Dept Yoga Upstairs 6:30-7:30						
6:00 PM		Yoga 6:30-7:45		Youth Volleyball 6:30-7:30 ends 10/23	Youth Volleyball 6:30-8:30 ends 10/24	Adult Pickleball 6:00-9:00 ends 10/25			
6:30 PM				Women's Volleyball 7:30-9:30 starts 10/2					
7:00 PM	Dance Fitness Class 7:00-8:00	Adult Co-Ed Soccer 8:00-10:00							
7:30 PM									
7:45 PM									
8:00 PM									
8:30 PM									
9:00 PM									
9:30 PM									
10:00 PM									

TUESDAYS UPSTAIRS - Health Department Prevention Programs

10/1 - Breast Cancer Awareness Program 6:30-7:30

10/8 - Handwriting Analysis 6:30-8:30

10/15 - Body Image Workshop 6:00-7:00

10/22 & 10/29 Fall Food Demonstrations with Dietitian Lauren 6:30-7:30