

S.H.A.P.E. FITNESS

November 2022

November 2022							December 2022						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5					1	2	3
6	7	8	9	10	11	12	4	5	6	7	8	9	10
13	14	15	16	17	18	19	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
27	28	29	30				25	26	27	28	29	30	31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Oct 30	31	Nov 1 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi 1:00pm Tai Chi (New)	2 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	3 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi (New)	4 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	5
6	7 8:30am SHAPE 1 9:30am Chair Yoga 10:15am Wii Bowling 11:00am SHAPE 2	8 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi 1:00pm Tai Chi (New)	9 VACATION DAY - NO CLASSES	10 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi (New)	11 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	12
13	14 8:30am SHAPE 1 9:30am Chair Yoga 10:15am Wii Bowling 11:00am SHAPE 2	15 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi 1:00pm Tai Chi (New)	16 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	17 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi (New)	18 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	19
20	21 8:30am SHAPE 1 9:30am Chair Yoga 10:15am Wii Bowling 11:00am SHAPE 2	22 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi 1:00pm Tai Chi (New)	23 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	24 NO CLASSES - THANKSGIVING	25 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	26
27	28 8:30am SHAPE 1 9:30am Chair Yoga 10:15am Wii Bowling 11:00am SHAPE 2	29 8:30am SHAPE 2 9:30am SHAPE 3 10:15am Step In-Line 11:15am Tai Chi 1:00pm Tai Chi (New)	30 8:30am SHAPE 1 9:30am Chair Yoga 11:00am SHAPE 2	Dec 1	2	3