

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE & STRETCH RR	3 9:15 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	4 10:00 AM MEALS FROM THE HEARTLAND VOLUNTEER SERVICE RR	5 9:00 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	6 9:15 AM DAILY FITNESS CLASS WITH VOLUNTEER RR	7 3:30 PM LADDER BALL ML
8	9 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE & STRETCH RR	10 9:15 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	11 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE & STRETCH RR	12 9:00 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	13 9:15 AM DAILY FITNESS CLASS WITH VOLUNTEER RR	14
15	16 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE & STRETCH RR	17 9:15 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	18 10:00 AM MEALS FROM THE HEARTLAND VOLUNTEER SERVICE RR	19 9:00 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	20 9:15 AM DAILY FITNESS CLASS RR	21
22	23 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE & STRETCH RR	24 9:15 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	25 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE & STRETCH RR 3:30 PM HEALTHY LIVING ML	26 9:00 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	27 9:15 AM DAILY FITNESS CLASS WITH VOLUNTEER RR	28
29	30 9:15 AM DAILY FITNESS CLASS RR 11:00 AM BALANCE & STRETCH RR	31 9:15 AM DAILY FITNESS CLASS RR 11:00 AM STRENGTH CLASS RR	 <h1>October 2017 WELLNESS</h1>			