

## **Activity Center Schedule November 2008**

*Please call Lylian or Pat at 239-992-5393 for questions and additional information!*

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>7:00am</b>	Tone n' Strengthen				Tone n' Strengthen
<b>7:30am</b>	Strictly Stretching				Strictly Stretching
<b>8:00am</b>	Tone n' Strengthen	Tone n' Strengthen		Mat Workout	Tone n' Strengthen
<b>8:30am</b>	Strictly Stretching	Strictly Stretching			Strictly Stretching
<b>9:00am</b>		Step n' Ab's		Beginners Tone n' Strengthen	
<b>9:15am</b>	Water Aerobics				Water Aerobics
<b>9:30am</b>			Ladies Bridge		
<b>10:00am</b>		Water Aerobics		Water Aerobics	
<b>12:30pm</b>		Men's Gin Rummy (12:00 Start)		Men's Gin Rummy	
<b>2:00pm</b>	Beginners Tone n' Strengthen	Water Aerobics	Tone n' Strengthen	Water Aerobics	Water Aerobics
<b>2:30pm</b>			Strictly Stretching		
<b>3:30pm</b>			Water Aerobics <b>3:15pm</b>	Dominoes Tweener's Bridge	
<b>4:00pm</b>		Couples Bridge			
<b>5:30pm</b>			Mat Workout		
<b>6:30pm</b>				Ladies Poker	
<b>7:00pm</b>			*Zumba Class \$10.00 PP		Movie of the Week