









<u>Sun</u>	<u>1. Monday</u>	<u>2. Tuesday</u>	<u>3. Wednesday</u>	<u>4. Thursday</u>	<u>5. Friday</u>	<u>6. Saturday</u>
	9-3:30: Open Gym 9-1:45: Open Fitness Rm 2-3: Silver Sneakers (F) 3-5:30: Open Fitness Rm	9-1:45: Open Gym 9-5:30: Open Fitness Rm 2-3: Silver Sneakers (G) 3-5:00: Gym	9-5: Open Gym 9-1:45: Open Fitness Rm 1-3- Legal Clinic 2-3: Silver Sneakers(F) 3-5:45: Open Fitness Rm	9-1:45- Open Gym 9-5:30: Open Fitness Rm 2-3: Silver Sneakers(G) 3-5:15: Open gym 5:30-6:30: Zumba	9-5:30- Open Gym 9-5:45- Open Fitness Rm	9-1: Open Gym 9-1: Open Fitness Rm
<u>7. Sun</u> 1pm - 4:30 Gym 1pm 4:30 Fitness Room	<u>8. Mon</u> 9-3:30: Open Gym 9-1:45: Open Fitness Rm 10-11: Bible Study  11-12: Computer Education  2-3: Silver Sneakers (F) 3-5:30: Fitness Rm 5:30-6:30: Zumba	<u>9. Tue</u> 9-1:45: Open Gym 9-5:30: Open Fitness Rm 2-3: Silver Sneakers (G) 3-5:00: Gym	<u>10. Wed</u> 9-5: Open Gym 9-1:45: Open Fitness Rm 11-12: Computer Education  2-3: Silver Sneakers(F) 3-5:45: Fitness Rm	<u>11. Thu</u> 9-1:45- Open Gym 9-5:30: Open Fitness Rm 11-12: Computer Education  2-3: Silver Sneakers(G) 3-5:15: Open Gym 5:30-6:30: Zumba	<u>12. Fri</u> 9 – 5:30: Gym 9 – 5:30: Open Fitness Rm. 10:30-11:30: Bingo  1-3: Spades and Domino's	<u>13. Sat</u> 9-1: Open Gym 9 -1:00: Open Fitness Rm
<u>14 Sun</u> 1pm - 4:30 Open Gym 1pm - 4:30 Open Fitness Room	<u>15. Mon</u> 9-3:30: Open Gym 9-1:45: Open Fitness Rm 10-11: Bible Study  11-12: Computer Education  2-3:00: Silver Sneakers(F) 5:30-6:30: Zumba	<u>16. Tue</u> 9-1:45: Open Gym 9-5:30: Open Fitness Rm 2-3: Silver Sneakers (G) 3-5:15: Gym	<u>17. Wed</u> 9-5: Open Gym 9-1:45: Open Fitness Rm 11-12: Computer Education  1-2:30 Arts & Crafts  2-3: Silver Sneakers(F) 3-5:45: Open Fitness Rm	<u>18. Thu</u> 9-1:45- Open Gym 9-5:30: Open Fitness Rm 11-12: Computer Education  2-3: Silver Sneakers(G) 3-5:15-Gym 5:30-6:30 Zumba	<u>19. Fri</u> 12– 5:30: Open Gym 9 – 5:30: Open Fitness Rm 1-3: Spades and Domino's	<u>20. Sat.</u> 9-1: Open Gym 9 -1:00: Open Fitness Rm

21 Sun	22. Mon	23. Tue	24. Wed	25. Thu	26. Fri	27. Sat
<p>9-3:30: Open Gym</p> <p>1- 4:30 Open Gym</p> <p>1- 4:30 Open Fitness</p>	<p>9-3:30: Open Gym</p> <p>9-1:45: Open Fitness Rm</p> <p>10-11- Bible Study</p>  <p>11-12: Computer Education</p>  <p>2-3:00: Silver Sneakers(F)</p> <p>4:00-5:00- Dance</p> <p>5:30-6:30: Zumba</p>	<p>9-1:45: Open Gym</p> <p>9-5:30: Open Fitness</p> <p>1-5: U.A.B. Mobile Wellness (Health Screenings)</p> <p>2-3: Silver Sneakers(G)</p> <p>3-5:15: Gym</p>	<p>9-5: Open Gym</p> <p>9-1:45: Open Fitness</p> <p>11-12: Computer Education</p>  <p>2-3: Silver Sneakers(F)</p> <p>3-5:45: Open Fitness Rm</p>	<p>9-1:45- Open Gym</p> <p>9-5:30: Open Fitness Rm</p> <p>12-1:00 Computer Education</p>  <p>1-2: Cooking Demo</p> <p>2-3: Silver Sneakers(G)</p> <p>3-5:15-Gym</p> <p>5:30-6:30 Zumba</p>	<p>9 – 5:30: Gym</p> <p>9 – 5:30: Open Fitness Rm.</p> <p>1-3: Spades and Domino's</p>	<p>9-1:00: Open Gym</p> <p>9-1:00: Open Fitness Rm</p>
<p>28. Sun</p> <p>1-4:30 Open Gym</p> <p>1-4:30 Open Fitness Rm</p>	<p>29. Mon</p> <p>9-3:30: Open Gym</p> <p>9-1:45: Open Fitness Rm</p> <p>10-11: Bible Study</p>  <p>11-12: Computer Education</p>  <p>2-3: Silver Sneakers (F)</p> <p>3:45-5:15: Dance</p> <p>3-5:30: Fitness Rm</p> <p>5:30-6:30: Zumba</p>	<p>30. Tue</p> <p>9-1:45: Open Gym</p> <p>9-5:30: Fitness Rm</p> <p>2-3: Silver Sneakers (G)</p> <p>3-5:15: Open Gym</p>	<p>31. Wed</p> <p>9-500: Open Gym</p> <p>9-1:45: Open Fitness Rm</p> <p>11-12: Computer Education</p>  <p>2-3: Silver Sneakers(F)</p> <p>3-5:45: Open Fitness Rm</p>			