


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 1:45 Sweat Squad	3 10:15 Standing Balance 1:45 Group Fitness (Cardio)	4 9:15 Nelson Fun & Fit 11:00 Appleby Total Body Fitness 11:15 Oaklands Fun & Fit 1:00 Brant Total Body Fitness 3:00 Bronte Total Body Fitness	5 11:15 Brant Fun & Fit 11:30 Basketball & Ball Toss 1:45 Seated Yoga	6	7 10:15 Morning Tai Chi 11:15 Bronte Total Body Fitness 2:00 Appleby Total Body Fitness
8 10:00 Oaklands Total Body Fitness 11:00 Nelson Total Body Fitness 1:45 Basketball and Ball Toss	9 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 1:45 Sweat Squad	10 10:15 Standing Balance 1:45 Group Fitness (Strength)	11 9:15 Nelson Fun & Fit 11:00 Appleby Total Body Fitness 11:15 Oaklands Fun & Fit 1:00 Brant Total Body Fitness 3:00 Bronte Total Body Fitness	12 11:15 Brant Fun & Fit 11:30 Basketball & Ball Toss 1:45 Seated Yoga	13	14
15	16 9:15 Appleby Fun & Fit 11:15 Bronte Fun & Fit 1:45 Sweat Squad	17 10:15 Standing Balance 1:45 Group Fitness (Cardio)	18 9:15 Nelson Fun & Fit 11:00 Appleby Total Body Fitness 11:15 Oaklands Fun & Fit 1:00 Brant Total Body Fitness 3:00 Bronte Total Body Fitness	19 Laura's Last Day 😞 11:15 Brant Fun & Fit 11:30 Basketball & Ball Toss 1:45 Seated Yoga	20	21
22	23	24 ★ Christmas Eve ★	25 Christmas Day 🎁	26 Boxing Day	27	28
29	30	31 🎉 New Years Eve 🎉	 <p>program for active living</p> <p>December</p> <p>■ Caleb Away from Village</p>		Group Exercise Classes: <ul style="list-style-type: none"> • Standing Balance • Tai Chi • Drum Fit • Seated Yoga • Cardio Fit • Strength • Pilates 	