




October 2021

<u>Announcements</u>	Mon	Tue	Wed	Thu	Fri
<p><u>This calendar has adjusted to listing only the in-clinic classes. Zoom classes are still occurring, and are listed below.</u></p> <p><u>If you are interested in attending an in-clinic class, visit us at the center or call us at 480-827-5800 and we will sign you up.</u></p> <p style="text-align: center;"><u>Zoom Classes</u> ↓</p> <p><u>Monday</u> 10-10:30 am Standing class 10-11 am Care Partners 11-11:30 am Seated class 1:30-2:20 pm Women's Group 2:30-3:20 pm Music Therapy</p> <p><u>Tuesday</u> 2:30-3:20 pm Seated Yoga 4-5 pm Men's Group</p> <p><u>Wednesday</u> 9-9:50 am Dance 10-10:30 am Standing class 11-11:30 am Seated class 1-2 pm Speaking Group</p> <p><u>Thursday</u> 1:30-2:30 pm Book Club (21st)</p> <p><u>Friday</u> 9-10 am Coffee Talk 10-10:30 am Standing Boxing 11-11:30 am Seated Boxing</p>					<p>1</p> <p>8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 PWR! One 11-11:50 PWR! One 12:30-1:20 PWR! Circuit Boxing</p>
<p>4</p> <p>8-8:50 PWR! Circuit 9-9:50 Advanced Yoga 9-9:50 PWR! Moves 10-10:50 PWR! Moves 11-11:50 PWR! One 1:30-2:20 PWR! One Boxing 2:30-3:20 Fitness 3:30-4:20 PWR! Moves</p>	<p>5</p> <p>8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 PWR! Circuit Boxing 11-11:50 PWR! One 12:30-1:20 PWR! One Boxing</p>	<p>6</p> <p>8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 PWR! Moves 11-11:50 PWR! One 2:30-3:20 PWR! Circuit Boxing 3:30-4:20 PWR! Moves</p>	<p>7</p> <p>9-9:50 PWR! Moves 10-10:50 PWR! One Boxing 11-11:50 Fitness 12:30-1:20 PWR! One 2:30-3:20 PWR! Circuit Boxing</p>	<p>8</p> <p>8-8:50 PWR! Circuit 9-9:50 PWR! Moves 10-10:50 PWR! One 11-11:50 PWR! One 12:30-1:20 PWR! Circuit Boxing</p>	
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Book Club

October 21st: Discuss

“The Moonlight Child”

by Karen McQuestion



October 22nd: Start

“The President is Missing”

by Bill Clinton & James Patterson

