

ACTIVE ADULTS 55 + FITNESS NOVEMBER 10 - NOVEMBER 28 SPECIAL CALENDAR

TUESDAY	WEDNESDAY	THURSDAY
11/11	11/12 JOSE MARTI GYM	11/13 CORAL GATE
VETERANS DAY	10:00am Chair (Mady's) 11:00am Aerobics (Mady's) 12:00pm Stretching (Biotango)	10:00am Chair (Mady's) 11:00am Stretching (Mady's) SHENANDOAH 1:00Pm Aerobics (Mady's)
11/18	11/19	11/20
SHENANDOAH PARK	JOSE MARTI GYM	CORAL GATE
10:00am Chair (City of Miami)	10:00am Chair (Mady's)	10:00am Chair (Mady's)
11:00am Aerobics (City of Miami)	11:00am Aerobics (Mady's)	11:00am Stretching (Mady's)
12:00pm Meditation/Stretching (Loreto)	12:00pm Stretching (Biotango)	SHENANDOAH
		1:00Pm Aerobics (Mady's)
11/25	11/26	11/27
SHENANDOAH PARK	JOSE MARTI GYM	
10:00am Chair (City of Miami)	10:00am Chair (Mady's)	THANKS CIVING DAY
11:00am Aerobics (City of Miami) 12:00pm Meditation/Stretching (Loreto)	11:00am Aerobics (Mady's) 12:00 pm Stretching (Biotango)	THANKSGIVING DAY