



ACTIVE ADULTS 55 + FITNESS

NOVEMBER 10 - NOVEMBER 28

SPECIAL CALENDAR

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