

# SEP 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>01</b> Labor Day No Class	<b>02</b> Adapted Pickleball 4 pm	<b>03</b>	<b>04</b> Adapted Yoga 6:30 pm	<b>05</b> Adapted Aqua Fitness 5:30 pm	<b>06</b> Adapted Dance 12 noon
<b>07</b> No Class	<b>08</b>	<b>09</b> Adapted Pickleball 4 pm	<b>10</b>	<b>11</b> Adapted Yoga 6:30 pm	<b>12</b> Adapted Aqua Fitness 5:30 pm	<b>13</b> Adapted Dance 12 noon
<b>14</b> Special Olympic Bowling 1:30 pm Bowski's	<b>15</b> Adapted Strength/Conditioning 5:30 pm	<b>16</b> Adapted Pickleball 4 pm	<b>17</b>	<b>18</b> Adapted Yoga 6:30 pm	<b>19</b> Adapted Aqua Fitness 5:30 pm	<b>20</b> Adapted Dance 12 noon
<b>21</b> Special Olympic Bowling 1:30 pm Bowski's	<b>22</b> Adapted Strength/Conditioning 5:30 pm	<b>23</b> Adapted Pickleball 4 pm	<b>24</b>	<b>25</b> Adapted Yoga 6:30 pm	<b>26</b> Adapted Aqua Fitness 5:30 pm	<b>27</b> Adapted Dance 12 noon
<b>28</b> Special Olympic Bowling 1:30 pm Bowski's	<b>29</b> Adapted Strength/Conditioning 5:30 pm	<b>30</b> Adapted Pickleball 4 pm				