



NOVEMBER

ADULT WELLNESS PROGRAM

S M T W T F S

					1	2
3	4 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall 12 - 12:45 PM at Hunter Hall	5 8:45 - 9:45 AM at the Brown Gym	6 8:45 - 9:45 AM at the Brown Gym	7 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall 12 - 12:45 PM at Hunter Hall	8 8:45 - 9:45 AM at the Brown Gym	9
10	11 <i>HAPPY Veterans DAY</i>	12 8:45 - 9:45 AM at the Brown Gym 5:30-7 PM Thanksgiving Makeover at Hunter Hall	13 8:45 - 9:45 AM at the Brown Gym	14 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall 12-12:45 PM at Hunter Hall	15 8:45 - 9:45 AM at the Brown Gym	16
17	18 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall 12 - 12:45 PM at Hunter Hall	19 8:45 - 9:45 AM at the Brown Gym	20 8:45 - 9:45 AM at the Brown Gym	21 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall 12 - 12:45 PM at Hunter Hall	22 8:45 - 9:45 AM at the Brown Gym	23
24	25 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall 12 - 12:45 PM at Hunter Hall	26 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall 12 - 12:45 PM at Hunter Hall	27	28 <i>HAPPY Thanksgiving</i>	29	30

Legend:

- **Level 1**
Low Impact Aerobics & Stretch
- **Level 1**
Aerobics
- **Level 2**
Pilates
- **Level 3**
Pilates
- **Level 2**
Functional Strength Training
- **Level 3**
Functional Strength Training
- **Tai Chi**
- **Workshop**