

September 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Yoga Class – Northeast 5:15 – 6:15, Rm A&B	2	3	4	5
6	7 LABOR DAY – no classes	8 Yoga Class – Northeast <i>No Class Today</i>	9	10	11	12
13	14 Pilates Class – Admin 5:30 – 6:30, Rm 0200 New Session: Yoga Class – Sunset 5:30 – 6:30, Rm 1075	15 Yoga Class – Northeast 5:15 – 6:15, Rm A&B	16	17	18	19
20	21 Pilates Class – Admin 5:30 – 6:30, Rm 0200 Yoga Class – Sunset 5:30 – 6:30, Rm 1075	22 End of Session Yoga Class – Northeast 5:15 – 6:15, Rm A&B Free Blood Pressure Clinic 3-4pm Sunset Building	23	24 Free Blood Pressure Clinic Admin Bldg 2-3 pm Courthouse 3:30-4:30 Empowerment Over Stress 6:00 – 8:30 Pre-registration required	25	26
27	28 Pilates Class – Admin 5:30 – 6:30, Rm 0200 Yoga Class – Sunset 5:30 – 6:30, Rm 1075	29 New Session Begins: Yoga Class – Northeast 5:15 – 6:15, Rm A&B	30			

October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	<p>5 End of Session: Pilates Class – Admin 5:30 – 6:30, Rm 0200</p> <p>Yoga Class – Sunset 5:30 – 6:30, Rm 1055</p>	<p>6 Yoga Class – Northeast 5:15 – 6:15, Rm A&B</p>	<p>7 New Session Begins: Yoga Class – Admin 5:30 – 6:30, Rm 0200</p>	8	9	10
11	<p>12 New Session: Pilates Class – Admin 5:30 – 6:30, Rm 0200</p> <p>Yoga Class – Sunset 5:30 – 6:30, Rm 1075</p>	<p>13 Yoga Class – Northeast 5:15 – 6:15, Rm A&B</p>	<p>14 Yoga Class – Admin 5:30 – 6:30, Rm 0200</p> <p>Cancer Fighting Foods Noon-12:50, Extension Pre-registration required</p>	15	16	17
18	<p>19 Pilates Class – Admin 5:30 – 6:30, Rm 0200</p> <p>Yoga Class – Sunset 5:30 – 6:30, Rm 1075</p>	<p>20 Yoga Class – Northeast No Class Today</p>	<p>21 Yoga Class – Admin 5:30 – 6:30, Rm 0200</p>	<p>22 Free Blood Pressure Clinic Admin Bldg 2-3 pm Courthouse 3:30-4:30</p>	23	24
25	<p>26 Pilates Class – Admin 5:30 – 6:30, Rm 0200</p> <p>Yoga Class – Sunset 5:30 – 6:30, Rm 1075</p>	<p>27 Free Blood Pressure Clinic 3-4pm Sunset Building</p> <p>Yoga Class – Northeast 5:15 – 6:15, Rm A&B</p>	<p>28 Yoga Class – Admin 5:30 – 6:30, Rm 0200</p> <p>New Session Begins: Pilates Class – Sunset 5:30 – 6:30, Rm 1055</p>	<p>29 Dining with Diabetes Extension Council</p>	30	31

November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Pilates Class – Admin 5:30 – 6:30, Rm 0200 Yoga Class – Sunset 5:30 – 6:30, Rm 1055	3 Yoga Class – Northeast 5:15 – 6:15, Rm A&B	4 Yoga Class – Admin 5:30 – 6:30, Rm 0200 Pilates Class – Sunset 5:30 – 6:30, Rm 1055	5	6	7
8	9 Pilates Class – Admin 5:30 – 6:30, Rm 0200 Yoga Class – Sunset 5:30 – 6:30, Rm 1075	10 Yoga Class – Northeast 5:15 – 6:15, Rm A&B	11 No classes due to Holiday	12	13	14
15	16 Pilates Class – Admin 5:30 – 6:30, Rm 0200 End of Session: Yoga Class – Sunset 5:30 – 6:30, Rm 1075	17	18 Yoga Class – Admin 5:30 – 6:30, Rm 0202- 0204 Pilates Class – Sunset 5:30 – 6:30, Rm 1055	19	20	21
22	23 Pilates Class – Admin 5:30 – 6:30, Rm 0200	24 Free Blood Pressure Clinic 3-4pm Sunset Yoga Class – Northeast 5:15 – 6:15, Rm A&B	25 Yoga Class – Admin 5:30 – 6:30, Rm 0200 Pilates Class – Sunset 5:30 – 6:30, Rm 1055	26	27	28
29	30 Pilates Class – Admin 5:30 – 6:30, Rm 0200					

December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Yoga Class – Northeast 5:15 – 6:15, Rm A&B	2 Yoga Class – Admin 5:30 – 6:30, Rm 0200 Pilates Class – Sunset 5:30 – 6:30, Rm 1055	3	4	5
6	7 Pilates Class – Admin 5:30 – 6:30, Rm 0200	8 <i>End of Session:</i> Yoga Class – Northeast 5:15 – 6:15, Rm A&B	9 Yoga Class – Admin 5:30 – 6:30, Rm 0200 Pilates Class – Sunset 5:30 – 6:30, Rm 1055	10	11	12
13	14 <i>End of Session:</i> Pilates Class – Admin 5:30 – 6:30, Rm 0200	15 Yoga Class – Northeast 5:15 – 6:15, Rm A&B	16 <i>End of Session:</i> Yoga Class – Admin 5:30 – 6:30, Rm 0200 Pilates Class – Sunset 5:30 – 6:30, Rm 1055	17	18	19
20	21	22 Free Blood Pressure Clinic 3-4pm Sunset Building Yoga Class – Northeast 5:15 – 6:15, Rm A&B	23 Pilates Class – Sunset 5:30 – 6:30, Rm 1055	24	25	26
27	28	29	30 Pilates Class – Sunset 5:30 – 6:30, Rm 1055	31		