




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>SCAN ME! Use your phone to scan the QR code to view our full schedule of FREE classes.</p>	<p>** Pre-registration Required</p>		<p>1</p> <p>Resume Building 9am-11am Energy Education & Budgeting** 9:30am-10:30am 1:30pm-2:30pm Zumba 9am-10am Learn About Anxiety 9:30am-11am English as a Second Language 10am-11am 4pm-5pm Nutrition: Grilled Queso Panela with Summer Vegetables 10:30am-11:30am Yoga for Seniors & People with Disabilities 11:30am-12:30pm Senior Fitness 1pm-3pm Computer Basics 1pm-3pm Zumba Gold 4pm-5pm U-Jam 5pm-6pm</p>	<p>2</p> <p>Fit Family Fridays (ages 0-5 with parents) Circle Time 10am-10:30am Family Yoga 10:30am-11am Family Nutrition: Power Burritos 11am-11:45am Kickboxing 9am-10am Yoga for Seniors & People with Disabilities 10:30am-11:30am Tai Chi 12pm-1pm Nutrition: Thai Peanut Slaw 1:30pm-2:30pm Tone & Sculpt 3pm-4pm Kid's Dance Fitness 4:30pm-5:30pm TEEN SCIENCE! Creative Arts for Teens 3pm-5pm</p>	<p>3</p> 
<p>5</p> 	<p>6</p> <p>Zumba Chair 9am-10am Energy Education & Budgeting** 9:30am-10:30am 1:30pm-2:30pm Goodwill Orientation 10am-12pm Loving Solutions Parenting Class** 10am-12pm Citizenship Class 10am-11am 4pm-5pm Nutrition: Veggie Tacos 10:30am-11:30am 11:45am-12:45pm (Spanish) Sewing Workshop 1pm-3pm Microsoft Word 1 1pm-3pm Yoga for Seniors & People with Disabilities 1:30pm-2:30pm Nutrition: Breakfast Ideas 3:30pm-4:30pm Tone & Sculpt 5pm-6pm</p>	<p>7</p> <p>Yoga 9am-10am Housing Resources 9am-10am Energy Education & Budgeting** 9:30am-10:30am 1:30pm-2:30pm Professional Development 10am-11am Meditation 10:30am-11:30am Dance Fitness 11:30am-12:30pm Tai Chi 1pm-2pm Senior Fitness 2:30pm-3:30pm Nutrition: Quick Breakfast Ideas 3:30pm-4:30pm Zumba 5pm-6pm TEEN SCIENCE! Creative Arts for Teens 3pm-5pm Cooking for Teens: Easy Breakfasts 5pm-5:45pm</p>	<p>8</p> <p>Resume Building 9am-11am Energy Education & Budgeting** 9:30am-10:30am 1:30pm-2:30pm Zumba 9am-10am Learn About Anxiety 9:30am-11am (Spanish) English as a Second Language 10am-11am 4pm-5pm Nutrition: Savory Breakfast Bowl 10:30am-11:30am Yoga for Seniors & People with Disabilities 11:30am-12:30pm Senior Fitness 1pm-2pm Microsoft Word 2 1pm-3pm Breast & Cervical Health 2pm-3pm Medicare 101 2:30pm-3:30pm 3:30pm-4:30pm (Spanish) Zumba Gold 4pm-5pm U-Jam 5pm-6pm</p>	<p>9</p> <p>Fit Family Fridays (ages 0-5 with parents) Circle Time 10am-10:30am Family Yoga 10:30am-11am Family Nutrition: Easy Breakfasts 11am-11:45am Kickboxing 9am-10am Yoga for Seniors & People with Disabilities 10:30am-11:30am Tai Chi 12pm-1pm Nutrition: Summer Harvest Salad 1:30pm-2:30pm CLOSED 3pm-6pm</p>	<p>10</p> <p>Zumba Toning 9am-10am Kid's Nutrition (ages 4-11 with parents) 10am-10:45am Yoga for Seniors & People with Disabilities 11:30am-12:30pm</p>
<p>12</p> <p>Yoga Flow 9am-10am How to Find a Job 9am-11am Energy Education & Budgeting** 9:30am-10:30am 1:30pm-2:30pm Zumba Gold 10am-11am Nutrition: Power Pasta 12pm-1pm Tai Chi 1pm-2pm Meditation 2:30pm-3:30pm Zumba Kids 4pm-4:45pm Zumba 5pm-6pm TEEN SCIENCE! Creative Arts for Teens 3pm-5pm Teen Support Group (ages 12-17) 5pm-5:45pm</p>	<p>13</p> <p>Zumba Chair 9am-10am Energy Education & Budgeting** 9:30am-10:30am 1:30pm-2:30pm CPR 9:30am-12:30pm (Spanish) 1:30pm-4:30pm Loving Solutions Parenting Class** 10am-12pm Goodwill Orientation 10am-12pm Citizenship Class 10am-11am 4pm-5pm Nutrition: Chicken Gra-Pow 10:30am-11:30am 11:45am-12:45pm (Spanish) Microsoft Word 3 1pm-3pm Yoga for Seniors & People with Disabilities 1:30pm-2:30pm Nutrition: Brown Rice Fajitas 3:30pm-4:30pm Tone & Sculpt 5pm-6pm</p>	<p>14</p> <p>CLOSED 9am-1pm</p> <p>Tai Chi 1pm-2pm Energy Education & Budgeting** 1:30pm-2:30pm Senior Fitness 2:30pm-3:30pm Nutrition: Protein Packed Meals 3:30pm-4:30pm Zumba 5pm-6pm TEEN SCIENCE! Creative Arts for Teens 3pm-5pm Cooking for Teens: Power Protein 5pm-5:45pm</p>	<p>15</p> <p>CLOSED 9am-1pm</p> <p>Senior Fitness 1pm-2pm Microsoft Excel 1 1pm-3pm Energy Education & Budgeting** 1:30pm-2:30pm Harvest in the Garden 2pm-3pm Nutrition: Protein Powered Pasta 3:30pm-4:30pm Zumba Gold 4pm-5pm English as a Second Language 4pm-5pm Dance Fitness 5pm-6pm</p>	<p>16</p> <p>Fit Family Fridays (ages 0-5 with parents) Circle Time 10am-10:30am Family Yoga 10:30am-11am Family Nutrition: Power Pasta 11am-11:45am Kickboxing 9am-10am Yoga for Seniors & People with Disabilities 10:30am-11:30am Tai Chi 12pm-1pm Nutrition: Ancient Grain Salad 1:30pm-2:30pm Tone & Sculpt 3pm-4pm Kid's Dance Fitness 4:30pm-5:30pm TEEN SCIENCE! Creative Arts for Teens 3pm-5pm</p>	<p>17</p> <p>Zumba Toning 9am-10am Zumba Kids (ages 4-11 with parents) 10:30am-11:15am Kid's Nutrition (ages 4-11 with parents) 11:30am-12:15pm Yoga for Seniors & People with Disabilities 11:30am-12:30pm</p>
<p>19</p> <p>Yoga Flow 9am-10am How to Find a Job 9am-11am Energy Education & Budgeting** 9:30am-10:30am 1:30pm-2:30pm U-Jam 10am-11am Tips for Losing Weight & Keeping it off 11am-12pm 12:30pm-1:30pm (Spanish) Nutrition: Cranberry Chicken Salad 12pm-1pm Tai Chi 1pm-2pm Meditation 2:30pm-3:30pm Zumba Kids 4pm-4:45pm Zumba 5pm-6pm TEEN SCIENCE! Creative Arts for Teens 3pm-5pm</p>	<p>20</p> <p>Zumba Chair 9am-10am Energy Education & Budgeting** 9:30am-10:30am 1:30pm-2:30pm Loving Solutions Parenting Class** 10am-12pm Goodwill Orientation 10am-12pm Citizenship Class 10am-11am 4pm-5pm Nutrition: Yogurt Spinach Dip 10:30am-11:30am 11:45am-12:45pm (Spanish) Microsoft Excel 2 1pm-3pm Yoga for Seniors & People with Disabilities 1:30pm-2:30pm Nutrition: Stuffed Sweet Potatoes 3:30pm-4:30pm Tone & Sculpt 5pm-6pm</p>	<p>21</p> <p>CLOSED 9am-10:30am</p> <p>Meditation 10:30am-11:30am (Spanish) 11:30am-12:30pm Tai Chi 1pm-2pm Energy Education & Budgeting** 1:30pm-2:30pm Senior Fitness 2:30pm-3:30pm Nutrition: Lentil Pasta Salad 3:30pm-4:30pm Zumba 5pm-6pm TEEN SCIENCE! Creative Arts for Teens 3pm-5pm Cooking for Teens: Pasta Salad 5pm-5:45pm</p>	<p>22</p> <p>Zumba 9am-10am Resume Building 9am-11am Energy Education & Budgeting** 9:30am-10:30am 1:30pm-2:30pm Grief & Loss Support Group 9:30am-11am English as a Second Language 10am-11am 4pm-5pm Taming the Wiggles & Jiggles 10am-12pm Nutrition: Power Protein Pancakes 10:30am-11:30am Yoga for Seniors & People with Disabilities 11:30am-12:30pm Microsoft Excel 3 1pm-3pm Senior Fitness 1pm-2pm Breast & Cervical Health 2pm-3pm (Spanish) Zumba Gold 4pm-5pm U-Jam 5pm-6pm</p>	<p>23</p> <p>Fit Family Fridays (ages 0-5 with parents) Family Yoga 10:30am-11am Family Nutrition: Spinach Grilled Cheese 11am-11:45am Kickboxing 9am-10am Yoga for Seniors & People with Disabilities 10:30am-11:30am Tai Chi 12pm-1pm Nutrition: Autumn Harvest Salad 1:30pm-2:30pm Tone & Sculpt 3pm-4pm Kid's Dance Fitness 4:30pm-5:30pm TEEN SCIENCE! Creative Arts for Teens 3pm-5pm</p>	<p>24</p> <p>Zumba Toning 9am-10am Zumba Kids (ages 4-11 with parents) 10:30am-11:15am Kid's Nutrition (ages 4-11 with parents) 11:30am-12:15pm Yoga for Seniors & People with Disabilities 11:30am-12:30pm</p>
<p>26</p> <p>Yoga Flow 9am-10am How to Find a Job 9am-11am Energy Education & Budgeting** 9:30am-10:30am 1:30pm-2:30pm U-Jam 10am-11am Nutrition: Breakfast Tofu Scramble 12pm-1pm Tai Chi 1pm-2pm Meditation 2:30pm-3:30pm Zumba Kids 4pm-4:45pm Zumba 5pm-6pm TEEN SCIENCE! Creative Arts for Teens 3pm-5pm Teen Support Group (ages 12-17) 5pm-5:45pm</p>	<p>27</p> <p>Zumba Chair 9am-10am Energy Education & Budgeting** 9:30am-10:30am 1:30pm-2:30pm Loving Solutions Parenting Class** 10am-12pm Goodwill Orientation 10am-12pm Citizenship Class 10am-11am 4pm-5pm Nutrition: Chicken & Rice 10:30am-11:30am 11:45am-12:45pm (Spanish) Microsoft Powerpoint 1 1pm-3pm Yoga for Seniors & People with Disabilities 1:30pm-2:30pm Nutrition: White Bean Soup 3:30pm-4:30pm Tone & Sculpt 5pm-6pm</p>	<p>28</p> <p>Yoga 9am-10am Housing Resources 9am-10am Energy Education & Budgeting** 9:30am-10:30am 1:30pm-2:30pm Professional Development 10am-11am Meditation 10:30am-11:30am (Spanish) 11:30am-12:30pm Tai Chi 1pm-2pm Senior Fitness 2:30pm-3:30pm Nutrition: Pumpkin Pancakes 3:30pm-4:30pm Zumba 5pm-6pm TEEN SCIENCE! Creative Arts for Teens 3pm-5pm Cooking for Teens: Power Pancakes 5pm-5:45pm</p>	<p>29</p> <p>Zumba 9am-10am Resume Building 9am-11am Energy Education & Budgeting** 9:30am-10:30am 1:30pm-2:30pm Grief & Loss Support Group 9:30am-11am (Spanish) English as a Second Language 10am-11am 4pm-5pm Nutrition: One-Pot Dinner Ideas 10:30am-11:30am Yoga for Seniors & People with Disabilities 11:30am-12:30pm Microsoft Powerpoint 2 1pm-3pm Senior Fitness 1pm-2pm Preparing your Winter Garden 2pm-3pm Zumba Gold 4pm-5pm U-Jam 5pm-6pm</p>	<p>30</p> <p>Fit Family Fridays (ages 0-5 with parents) Circle Time 10am-10:30am Family Yoga 10:30am-11am Family Nutrition: Pumpkin Time 11am-11:45am Kickboxing 9am-10am Yoga for Seniors & People with Disabilities 10:30am-11:30am Tai Chi 12pm-1pm Senior Fitness 1:30pm-2:30pm Zumba Gold 3pm-4pm Zumba Kids 4:30pm-5:30pm TEEN SCIENCE! Creative Arts for Teens 3pm-5pm</p>	

We heal and inspire
the human spirit.

Classes are subject to change.
First come, first served.

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