





October 2021
 3210 Power Centre Parkway
 337.990.0112



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>We can't do it without you. It takes all of us! Wear your Mask correctly. Please report any COVID related illnesses or exposure to the front office or call 337-990-0112, and if you have COVID related symptoms please stay at home. Protect yourself and those you love.</p>				<p>1 8A BEANBAG BASE-BALL</p>	<p>2 Sister Surviving Health Fair 9A-12P</p>
	<p>4 8AM YOGA 9AM LINE DANCE 5PM SPIN</p>	<p>5 9AM YOGA 10AM CHAIR CARDIO 5PM SPIN</p>	<p>6 8AM YOGA 5PM SPIN</p>	<p>7 8AM BEANBAG 10AM SITNFIT 530PM ZUMBA</p>	<p>8 8A BEANBAG BASE-BALL</p>	<p>9 #SleevesUP 8A-12P</p>
	<p>11 8AM YOGA 9AM LINE DANCE 5PM SPIN</p>	<p>12 9AM YOGA 10AM CHAIR CARDIO 5PM SPIN</p>	<p>13 8AM YOGA 5PM SPIN</p>	<p>14 8AM BEANBAG 10AM SITNFIT 530PM ZUMBA</p>	<p>15 8A BEANBAG BASE-BALL</p>	<p>16 #SleevesUP 8A-12P</p>
	<p>18 8AM YOGA 9AM LINE DANCE 5PM SPIN</p>	<p>19 9AM YOGA 10AM CHAIR CARDIO 5PM SPIN</p>	<p>20 8AM YOGA 5PM SPIN</p>	<p>21 8AM BEANBAG 10AM SITNFIT 530PM ZUMBA</p>	<p>22 8A BEANBAG BASE-BALL</p>	<p>23 #SleevesUP 8A-12P</p>
	<p>25 8AM YOGA 9AM LINE DANCE 5PM SPIN</p>	<p>26 9AM YOGA 10AM CHAIR CARDIO 5PM SPIN</p>	<p>27 8AM YOGA 5PM SPIN</p>	<p>28 8AM BEANBAG 10AM SITNFIT 530PM ZUMBA</p>	<p>29 8A BEANBAG BASE-BALL</p>	<p>30 #SleevesUP 8A-12P</p>
		