

Brookfield Regency Exercise Class Schedule SEPTEMBER

SUN	Monday	Tuesday	Wednesday	Thursday	Friday	SAT
					1	2
					8:30 Memory Care Fit 9:15 Mind & Body Fit 10:30 Fun Friday 1:30 Cardio Drumming	
3	4	5	6	7	8	9
	8:30 Memory Care Fit 9:15 Morning Fit 1:15 Functionally Fit 2:30 Afternoon Fit	9:30 Assisted Chair Dance 9:30 Memory Care Stretch	8:30 Memory Care Fit 9:15 Morning Fit 11:00 Balance & Stability 1:15 Functionally Fit 2:30 Afternoon Fit	9:30 Assisted Chair Dance 9:30 Memory Care Stretch	8:30 Memory Care Fit 9:15 Mind & Body Fit 10:30 Fun Friday 1:30 Cardio Drumming	
10	11	12	13	14	15	16
	8:30 Memory Care Fit 9:15 Morning Fit 1:15 Functionally Fit 2:30 Afternoon Fit	9:30 Assisted Chair Dance 9:30 Memory Care Stretch	8:30 Memory Care Fit 9:15 Morning Fit 11:00 Balance & Stability 1:15 Functionally Fit 2:30 Afternoon Fit	9:30 Assisted Chair Dance 9:30 Memory Care Stretch	8:30 Memory Care Fit 9:15 Mind & Body Fit 10:30 Fun Friday 1:30 Cardio Drumming	
17	18	19	20	21	22	23
	8:30 Memory Care Fit 9:15 Morning Fit 1:15 Functionally Fit 2:30 Afternoon Fit	9:30 Assisted Chair Dance 9:30 Memory Care Stretch	8:30 Memory Care Fit 9:15 Morning Fit 11:00 Balance & Stability 1:15 Functionally Fit 2:30 Afternoon Fit	9:30 Assisted Chair Dance 9:30 Memory Care Stretch	8:30 Memory Care Fit 9:15 Mind & Body Fit 10:30 Fun Friday 1:30 Cardio Drumming	
24	25	26	27	28	29	30
	8:30 Memory Care Fit 9:15 Morning Fit 1:15 Functionally Fit 2:30 Afternoon Fit	9:30 Assisted Chair Dance 9:30 Memory Care Stretch	8:30 Memory Care Fit 9:15 Morning Fit 11:00 Balance & Stability 1:00 Naga-Waukeee Park 2:30 Afternoon Fit	9:30 Assisted Chair Dance 9:30 Memory Care Stretch	8:30 Memory Care Fit 9:15 Mind & Body Fit 10:30 Fun Friday 1:30 Cardio Drumming	

Questions about classes? See or call Hanalaura, Fitness Instructor at (262) 649-4824.