

# Brookfield Regency Exercise Class Schedule NOVEMBER

SUN	Monday	Tuesday	Wednesday	Thursday	Friday	SAT
			1	2	3	4
			8:30 Memory Care Fit 9:15 Morning Fit 11:00 Balance & Stability 1:15 Functionally Fit 2:30 Afternoon Fit	9:30 Memory Care Stretch	8:30 Memory Care Fit 9:15 Mind & Body Fit 10:30 Fun Friday 1:30 Cardio Drumming	
5	6	7	8	9	10	11
	8:30 Memory Care Fit 9:15 Morning Fit 1:15 Functionally Fit 2:30 Afternoon Fit	9:30 Memory Care Stretch	8:30 Memory Care Fit 9:15 Morning Fit 11:00 Balance & Stability <b>1:00 Foxbrook Park Walk</b> 2:30 Afternoon Fit	9:30 Memory Care Stretch	8:30 Memory Care Fit 9:15 Mind & Body Fit 10:30 Fun Friday 1:30 Cardio Drumming	
12	13	14	15	16	17	18
	8:30 Memory Care Fit 9:15 Morning Fit 1:15 Functionally Fit 2:30 Afternoon Fit	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 Memory Care Stretch	8:30 Memory Care Fit 9:15 Mind & Body Fit 10:30 Fun Friday 1:30 Cardio Drumming	
19	20	21	22	23	24	25
	8:30 Memory Care Fit 9:15 Morning Fit 1:15 Functionally Fit 2:30 Afternoon Fit	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	<b>HAPPY THANKSGIVING</b>	<b>NO CLASSES</b>	
26	27	28	29	30		
	8:30 Memory Care Fit 9:15 Morning Fit 1:15 Functionally Fit 2:30 Afternoon Fit	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 Memory Care Stretch		

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