

November - Exercise

2017

DAWSON COUNTY SENIOR SERVICES

Dawsonville, GA

Monday	Tuesday	Wednesday	Thursday	Friday
	9:00 – SS Circuit 10:00 – SS Classic	10:00 – Tai Chi (Gym) 1	9:00 – SS Circuit 2 10:00 – SS Classic	9:00 – Floor Yoga 3 10:00 – Chair Yoga
6	9:00 – SS Circuit 7 10:00 – SS Classic	10:00 – Tai Chi (Gym) 8	9:00 – SS Circuit 9 10:00 – SS Classic	CLOSED 10
13	9:00 – SS Circuit 14 10:00 – SS Classic	10:00 – Tai Chi (Gym) 15	9:00 – SS Circuit 16 10:00 – SS Classic	9:00 – Floor Yoga 17 10:00 – Chair Yoga
20	9:00 – SS Circuit 21 10:00 – SS Classic	10:00 – Tai Chi (Gym) 22	CLOSED 23	CLOSED 24
27	9:00 – SS Circuit 28 10:00 – SS Classic	29	30	***Reminder – December 2 – Christmas Bazaar & Art Show***