

# October - Exercise

2017

## DAWSON COUNTY SENIOR SERVICES

Dawsonville, GA

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 – SS Circuit 10:00 – SS Classic	3 9:00 – SS Circuit 10:00 – SS Classic	4 10:00 – Tai Chi (Gym)	5 9:00 – SS Circuit 10:00 – SS Classic	6 9:00 – Floor Yoga 10:00 – Chair Yoga
9 9:00 – SS Circuit 10:00 – SS Classic	10 9:00 – SS Circuit 10:00 – SS Classic	11 10:00 – Tai Chi (Gym)	12 9:00 – SS Circuit 10:00 – SS Classic	13 9:00 – Floor Yoga 10:00 – Chair Yoga
16 9:00 – SS Circuit 10:00 – SS Classic	17 9:00 – SS Circuit 10:00 – SS Classic	18 10:00 – Tai Chi (Gym)	19 9:00 – SS Circuit 10:00 – SS Classic	20 9:00 – Floor Yoga 10:00 – Chair Yoga
23 9:00 – SS Circuit 10:00 – SS Classic	24 9:00 – SS Circuit 10:00 – SS Classic	25 10:00 – Tai Chi (Gym)	26 9:00 – SS Circuit 10:00 – SS Classic	27 9:00 – Floor Yoga 10:00 – Chair Yoga
30 9:00 – SS Circuit 10:00 – SS Classic	31 9:00 – SS Circuit 10:00 – SS Classic			