

# September - Exercise

2017

## DAWSON COUNTY SENIOR SERVICES

Dawsonville, GA

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00 – Floor Yoga 10:00 – Chair Yoga
4 <b>CLOSED LABOR DAY</b>	5 9:00 – SS Circuit 10:00 – SS Classic	6 10:00 – Tai Chi (Gym)	7 9:00 – SS Circuit 10:00 – SS Classic	8 9:00 – Floor Yoga 10:00 – Chair Yoga
11 <b>PATRIOT DAY</b>	12 9:00 – SS Circuit 10:00 – SS Classic	13 10:00 – Tai Chi (Gym)	14 9:00 – SS Circuit 10:00 – SS Classic	15 9:00 – Floor Yoga 10:00 – Chair Yoga
18	19 9:00 – SS Circuit 10:00 – SS Classic	20 10:00 – Tai Chi (Gym)	21 9:00 – SS Circuit 10:00 – SS Classic	22 9:00 – Floor Yoga 10:00 – Chair Yoga
25	26 9:00 – SS Circuit 10:00 – SS Classic	27 10:00 – Tai Chi (Gym)	28 9:00 – SS Circuit 10:00 – SS Classic	29 9:00 – Floor Yoga 10:00 – Chair Yoga