

RANCH

December 2015

EXERCISE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	2 Aquacise 8:30 am	3 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	4 Aquacise 8:30 am	5
6	7 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	8 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	9 Aquacise 8:30 am	10 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	11 Aquacise 8:30 am	12
13	14 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	15 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	16 Aquacise 8:30 am	17 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	18 Aquacise 8:30 am	19
20	21 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	22 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	23 Aquacise 8:30 am	24 Aquacise 8:30 am	25 Aquacise 8:30 am	26
27	28 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	29 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	30 Aquacise 8:30 am	31 Aquacise 8:30 am		