



NOVEMBER 2024- STOCKADE PROGRAMS



Monday	Tuesday	Wednesday	Thursday
4 X	5 W4W FIM CY	6 W4W FIM PB	7 W4W FIM
11 X	12 W4W FIM CY	13 W4W FIM PB	14 W4W FIM
18 W4W FIM PB	19 W4W FIM CY	20 W4W FIM PB	21 W4W FIM
25 X	26 W4W FIM CY	27 W4W FIM PB	28 W4W FIM

DETAILS ON PROGRAMS

MON & WED:

Walking for Wellness (W4W) 8:30 am-10:00 am
& 1:00-3:30 pm

Forever in Motion (FIM) 1:30 - 2:15 pm

Pickleball (PB) - 12:00 pm - 1:00 pm

TUES & THURS:

Walking for Wellness (W4W) 8:30 am-12:00 pm
& Only Tuesdays 1:00-2:30 pm

Forever in Motion (FIM) 9:00 - 9:45 am

Coffee Time 10:00 am - 12:00 pm

Chair Yoga (CY) - 1:30 - 2:15 pm Only
Tuesdays

**\$2 FOR ALL PROGRAMS
PUNCH PASSES AVAILABLE!**



DECEMBER 2024- STOCKADE PROGRAMS



Monday	Tuesday	Wednesday	Thursday
2 W4W FIM PB	3 W4W FIM CY	4 W4W FIM PB	5 W4W FIM
9 W4W FIM PB	10 W4W FIM CY	11 W4W FIM PB	12 W4W FIM
16 W4W FIM PB	17 W4W FIM CY	18 W4W FIM PB	19 W4W FIM
23 X	24 X	25 X	26 X
30 X	31 X		

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