

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1	2	3	4	5
	9:15am - Guided 10:30am - Balls & Bands	1pm - Virtual Hike	9:15am - Taijifit 10:30am - Get up and 1pm - Ukulele Jam 2pm - Sharing Circle	9:15am - Guided 10:30am - Pilates with 1pm - Virtual Hike with 2pm - Doc & Talk: About	9:15am - Guided 10:30am - Fitness with Jill	
6	7	8	9	10	11	12
	9:15am - Guided 10:30am - Balls & Bands	9:15am - Gentle Yoga with 10:30am - Walk & Weights 1pm - Virtual Hike	9:15am - Taijifit 10:30am - Get up and 1pm - Ukulele Jam 2pm - Sharing Circle	9:15am - Guided 10:30am - Pilates with 1pm - Virtual Hike with 2pm - Scattergories with	9:15am - Guided 10:30am - Fitness with Jill 4pm - AYS Trivia	
13	14	15	16	17	18	19
	9:15am - Guided 10:30am - REPLAY Balls & Bands	9:15am - Gentle Yoga with 10:30am - Walk & Weights 1pm - Virtual Hike 2pm - AYS Art Class:	9:15am - Taijifit 10:30am - Get up and 1pm - Ukulele Jam 2pm - Sharing Circle	9:15am - Guided 10:30am - Pilates with 1pm - Virtual Hike with 2pm - Tech Talk with	9:15am - Guided 10:30am - REPLAY 4pm - AYS Trivia	
20	21	22	23	24	25	26
	9:15am - Guided 10:30am - Balls & Bands	9:15am - Gentle Yoga with 10:30am - Walk & Weights 1pm - Virtual Hike	9:15am - Taijifit 10:30am - Get up and 1pm - Ukulele Jam 2pm - Sharing Circle	9:15am - Guided 10:30am - Pilates with 1pm - Virtual Hike with 2pm - BINGO	9:15am - Guided 10:30am - Fitness with Jill 4pm - AYS Trivia	
27	28	29	30	31	1	2
	9:15am - Guided 10:30am - REPLAY Balls & Bands	9:15am - Gentle Yoga with 10:30am - Walk & Weights 1pm - Virtual Hike 2pm - AYS Art Class:	9:15am - Taijifit 10:30am - Get up and 1pm - Ukulele Jam 2pm - Sharing Circle	9:15am - Guided 10:30am - Pilates with 10:30am - Zumba Gold 1pm - Virtual Hike with 2pm - Family Feud	9:15am - Guided 10:30am - Fitness with Jill 4pm - AYS Trivia	