



SEPTEMBER

ADULT WELLNESS PROGRAM

S

M

T

W

T

F

S

1

HAPPY
LABOR
DAY

2

8:45 - 9:45 AM at
the Brown Gym

3

8:45 - 9:45 AM at
the Brown Gym

4

8:45 - 9:45 AM at
the Brown Gym

5

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall

6

Legend:

- Level 1
Low Impact Exercise
- Level 1
Aerobics
- Level 2
Pilates
- Tai Chi

7

8

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall

9

8:45 - 9:45 AM at
the Brown Gym

10

8:45 - 9:45 AM at
the Brown Gym

11

8:45 - 9:45 AM at
the Brown Gym

12

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall

13

14

15

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall

16

8:45 - 9:45 AM at
the Brown Gym

17

8:45 - 9:45 AM at
the Brown Gym

18

8:45 - 9:45 AM at
the Brown Gym

19

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall

20

21

22

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall

23

8:45 - 9:45 AM at
the Brown Gym

24

8:45 - 9:45 AM at
the Brown Gym

25

8:45 - 9:45 AM at
the Brown Gym

26

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall

27

28

29

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall

30

8:45 - 9:45 AM at
the Brown Gym