



OCTOBER

ADULT WELLNESS PROGRAM

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1

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

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

3

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

4

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6

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

7

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

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

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

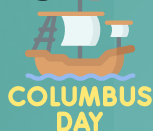
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8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall

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14

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Legend:

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