Senior Aerobics Fall Session
Instructor: Sonia Badillo

DATE	TIME	LOCATION
Sept. 4	7:30am-8:30am	MPRM 2
Sept. 6	7:30am-8:30am	MPRM 2
Sept. 9	7:30am-8:30am	MPRM 2
Sept. 11	*NO CLASS*	MPRM 2
Sept. 13	7:30am-8:30am	MPRM 2
Sept. 16	7:30am-8:30am	MPRM 2
Sept. 18	7:30am-8:30am	MPRM 2
Sept. 20	7:30am-8:30am	MPRM 2
Sept. 23	7:30am-8:30am	MPRM 2
Sept. 25	7:30am-8:30am	MPRM 2
Sept. 27	7:30am-8:30am	MPRM 2
Sept. 30	7:30am-8:30am	MPRM 2
Oct. 2	7:30am-8:30am	MPRM 2
Oct. 4	7:30am-8:30am	MPRM 2
Oct. 7	7:30am-8:30am	MPRM 2
Oct. 9	7:30am-8:30am	MPRM 2
Oct. 11	7:30am-8:30am	MPRM 2
Oct. 14	7:30am-8:30am	MPRM 2
Oct. 16	7:30am-8:30am	MPRM 2
Oct. 18	7:30am-8:30am	MPRM 2
Oct. 21	7:30am-8:30am	MPRM 2
Oct. 23	7:30am-8:30am	MPRM 2
Oct. 25	7:30am-8:30am	MPRM 2
Oct. 28	7:30am-8:30am	MPRM 2
Oct. 30	7:30am-8:30am	MPRM 2
Nov. 1	7:30am-8:30am	MPRM 2
Nov. 4	7:30am-8:30am	MPRM 2
Nov. 6	7:30am-8:30am	MPRM 2
Nov. 8	7:30am-8:30am	MPRM 2
Nov. 11	*NO CLASS HOLIDAY*	MPRM 2
Nov. 13	7:30am-8:30am	MPRM 2
Nov. 15	7:30am-8:30am	MPRM 2
Nov. 18	7:30am-8:30am	MPRM 2
Nov. 20	7:30am-8:30am	MPRM 2
Nov. 22	7:30am-8:30am	MPRM 2
Nov. 25	7:30am-8:30am	MPRM 2
Nov. 27	*NO CLASS HOLIDAY*	MPRM 2
Nov. 29	*NO CLASS HOLIDAY*	MPRM 2
Dec. 2	7:30am-8:30am	MPRM 2

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Dec.  4              7:30am-8:30am           MPRM 2
Dec.  6              7:30am-8:30am           MPRM 2
Dec.  9              7:30am-8:30am           MPRM 2
Dec.  11             7:30am-8:30am           MPRM 2
Dec.  13             7:30am-8:30am           MPRM 2
Dec.  16             7:30am-8:30am           MPRM 2
Dec.  18             7:30am-8:30am           MPRM 2
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PARTICIPANTS WILL NEED TO REGISTER FOR THE WINTER 2020 SESSION BY JANUARY 3

Please see back of schedule for additional information on guests, cancellation due to inclement weather.

*Participants must register for each session of senior aerobics before participating in the class.

GUEST OR CHILDREN ARE NOT ALLOWED TO BE BROUGHT TO CLASS.

*If Montgomery County Schools are delayed or closed due to inclement weather, class will be cancelled.

*If you have any questions or concerns, contact Tammy Caldwell, Supervisor of Senior of Senior & Special Populations at 382-2349, EXT. 2003 or by email: tcaldwell@christiansburg.org