

November

**In-Person**

**Hybrid**

**Virtual**

MON	TUE	WED	THU	FRI	SAT
3  Gentle Yoga 9:30 - 10:30 am  Grief Walk 10:30 - 11:30 am  Stress Relief Yoga 5:30 - 6:30 pm	4  Chair Yoga 9:30 - 10:15 am	5  Gentle Yoga 9:30 - 10:30 am  Strength & Conditioning 10:45 - 11:45 am  Gentle Yoga 5:30 - 6:30 pm	6  Vinyasa Yoga 9:30 - 10:30 am  Restorative Yoga and Reiki Workshop 1:00 - 2:00 pm	7  Strength & Conditioning 9:00 - 10:00 am  Gentle Yoga 10:00 - 11:00 am  Gentle Yoga 10:15 - 11:15 am	8
10  Gentle Yoga 9:30 - 10:30 am  Introduction to QiGong 10:45 am - 12:00 pm  Nature Hike 2:30 - 4:00 pm  Stress Relief Yoga 5:30 - 6:30 pm	11  Chair Yoga 9:30 - 10:15 am	12  Gentle Yoga 9:30 - 10:30 am  Strength & Conditioning 10:45 - 11:45 am  Strength Building with Resistance Bands 12:30 - 1:30 pm  Gentle Yoga 5:30 - 6:30 pm	13  Vinyasa Yoga 9:30 - 10:30 am	14  Strength & Conditioning 9:00 - 10:00 am  Gentle Yoga 10:00 - 11:00 am  Gentle Yoga 10:15 - 11:15 am  Intro to Cardio Machines 10:30 - 11:30 am	15  Zumba Gold 10:00 - 11:00 am
17  Gentle Yoga 9:30 - 10:30 am  Men's Hike 10:30 - 11:30 am  Stress Relief Yoga 5:30 - 6:30 pm	18  Chair Yoga 9:30 - 10:15 am	19  Gentle Yoga 9:30 - 10:30 am  Strength & Conditioning 10:45 - 11:45 am  Gentle Yoga 5:30 - 6:30 pm	20  Vinyasa Yoga 9:30 - 10:30 am	21  Strength & Conditioning 9:00 - 10:00 am  Gentle Yoga 10:00 - 11:00 am  Gentle Yoga 10:15 - 11:15 am  Circuit Training 10:30 - 11:30 am	22
24  Gentle Yoga 9:30 - 10:30 am  Stress Relief Yoga 5:30 - 6:30 pm	25  Chair Yoga 9:30 - 10:15 am	26  Gentle Yoga 9:30 - 10:30 am  Strength & Conditioning 10:45 - 11:45 am	27 CANCER WELLNESS CENTER CLOSED FOR THANKSGIVING DAY	28 CANCER WELLNESS CENTER CLOSED FOR THANKSGIVING DAY WEEKEND	29