

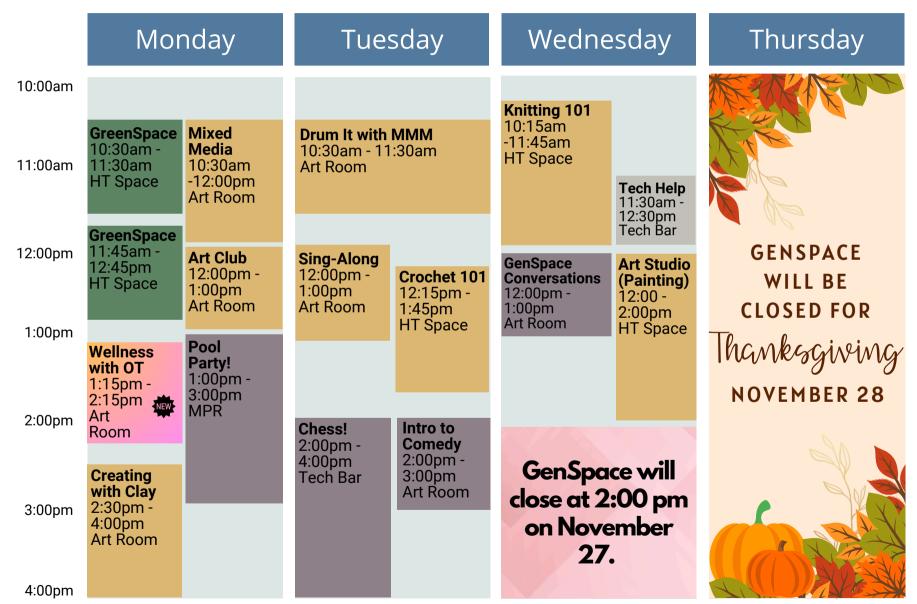
Wallis Annenberg **GenSpace** 













## **Health, Fitness, + Wellness Schedule**

	Monday	Tuesday	Wednesday	Thursday
10:00am	Relaxing Meditation 10:30am - 11:30am Fitness Room	Dance Aerobics 10:15am - 11:15am Fitness Room	Dance It Out! 10:15am - 11:15am Fitness Room	
TT.OUalli	Destaustive Ctuatabine	Dance Aerobics 11:30am - 12:30pm	Strength + Tone 11:30am - 12:30pm	
12:00pm	Restorative Stretching 11:45am - 12:45pm Fitness Room	Fitness Room	Fitness Room	GENSPACE WILL BE
1:00pm	Movement Fusion 12:50pm - 1:35pm Fitness Room	Barre Sculpt 12:45pm - 1:45pm Fitness Room	Long Gentle Movement 12:45pm - 1:45pm Fitness Room	closed for Thanksgiving
2:00pm	Harmony in Motion 1:45pm - 2:45pm Fitness Room	Seated Strength and Mobility 1:50pm - 2:50pm Fitness Room	GenSpace will	NOVEMBER 28
3:00pm	Latin Dance 3:00pm - 4:00pm Fitness Room	Belly Dancing 3:00pm - 4:00pm Fitness Room	close at 2:00 pm on November 27.	
4:00pm				