

## **Defeat Diabetes Month**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lap Swim @ 5:15p HPE Pool Ab/Step @ 5:15p HPE Aerobics Rm	Water Aerobics @ 5:15p HPE Pool Zumba @ 5:15p HPE Aerobics Rm	Lap Swim @ 5:15p HPE Pool Ab/Step @ 5:15p HPE Aerobics Rm	Water Aerobics @ 5:15p HPE Pool Zumba @ 5:15p HPE Aerobics Rm	5	6
7	Lap Swim @ 5:15p HPE Pool Ab/Step @ 5:15p HPE Aerobics Rm	9 Water Aerobics @ 5:15p HPE Pool Zumba @ 5:15p HPE Aerobics Rm	Lap Swim @ 5:15p HPE Pool Ab/Step @ 5:15p HPE Aerobics Rm	Water Aerobics @ 5:15p HPE Pool Zumba @ 5:15p HPE Aerobics Rm	12	13
14	Lap Swim @ 5:15p HPE Pool Ab/Step @ 5:15p HPE Aerobics Rm	Self-Defense Workshop: 3p Pettigrew 102-104 Water Aerobics @ 5:15p HPE Pool Zumba @ 5:15p HPE Aerobics Rm	Lap Swim @ 5:15p HPE Pool Ab/Step @ 5:15p HPE Aerobics Rm	Water Aerobics @ 5:15p HPE Pool Zumba @ 5:15p HPE Aerobics Rm	19	20
21	Lap Swim @ 5:15p HPE Pool Ab/Step @ 5:15p HPE Aerobics Rm	23 Water Aerobics @ 5:15p HPE Pool Zumba @ 5:15p HPE Aerobics Rm	Lap Swim @ 5:15p HPE Pool Ab/Step @ 5:15p HPE Aerobics Rm	Diabetes Workshop: Lunch & Learn @ 11:30a Pettigrew 102-104 Water Aerobics @ 5:15p HPE Pool Zumba @ 5:15p HPE Aerobics Rm	26	27
28	Lap Swim @ 5:15p HPE Pool Ab/Step @ 5:15p HPE Aerobics Rm	30 Water Aerobics @ 5:15p HPE Pool Zumba @ 5:15p HPE Aerobics Rm				