

**West Windsor Township  
Senior Center  
Spetember 2021**

**In Person Fitness**

**Zoom**

Activity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30am Strength Tr Kelly *11:30am Balance* Anna	2 9:30am Yoga Mirielle 11:00am Ballroom 1:00pm Investment	3 8:30am Strength Tr-Lisa *11:00am Strength*-Anna	4
5	6 Labor Day Senior Center Closed	7 11:30am Chair Stretch & Tone Linda 1:00pm Strength Tr Mark	8 9:30am Strength Tr Kelly *11:30am Balance* Anna 11:45am Duplicate Bridge	9 9:30am Yoga Mirielle 11:00am Ballroom Jarek 1:00pm Investment	10 8:30am Strength Tr-Lisa	11
12	13 9:30am Strength Tr- Kelly 11:30am Strength Tr -Ed	14 11:30am Chair Stretch & Tone Lisa 1:00pm Strength Tr Mark	15 9:30am Strength Tr Kelly *11:30am Balance* Anna 11:45am Duplicate Bridge	16 9:30am Yoga Mirielle 11:00am Ballroom Jarek 1:00pm Investment	17 8:30am Strength Tr-Lisa *11:00am Strength*-Anna	18
19	20 9:30am Strength Tr- Kelly 11:30am Strength Tr -Linda	21 11:30am Chair Stretch & Tone Lisa 1:00pm Strength Tr Linda	22 9:30am Strength Tr Kelly *11:30am Balance* Anna 11:45am Duplicate Bridge	23 9:30am Yoga Mirielle 11:00am Ballroom Jarek 1:00pm Investment	24 8:30am Strength Tr-Lisa *11:00am Strength*-Anna	25
26	27 9:30am Strength Tr- Kelly 11:30am Strength Tr -Ed	28 11:30am Chair Stretch & Tone Lisa 1:00pm Strength Tr Mark 2:00pm Book Club Mary	29 9:30am Strength Tr Kelly *11:30am Balance* Anna 11:45am Duplicate Bridge	30 9:30am Yoga Mirielle 11:00am Ballroom Jarek 1:00pm Investment	1 8:30am Strength Tr-Lisa *11:00am Strength*-Anna	2