

# LAKE MAYER COMMUNITY CENTER

## NOVEMBER 2009

# Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 <b>Senior Trek</b> 9:00-10:00am <b>ZUMBA</b> 5:45-6:45pm	3 <b>Awesome Abs</b> 10:00-10:30am <b>Couch to 5K</b> Running club 6:00-7:00pm	4 <b>Senior Treks</b> 9:00-10:00am <b>YOGA Flow</b> 6:00-7:00pm <b>ZUMBA</b> 7:30-8:30pm	5 <b>Awesome Abs</b> 10:00-10:30am <b>Couch to 5K</b> Running club 6:00-7:00pm	6	7 
8	9 <b>Senior Trek</b> 9:00-10:00am <b>ZUMBA</b> 5:45-6:45pm	10 <b>Awesome Abs</b> 10:00-10:30am <b>Couch to 5K</b> Running club 6:00-7:00pm	11 <b>Senior Treks</b> 9:00-10:00am <b>YOGA Flow</b> 6:00-7:00pm <b>ZUMBA</b> 7:30-8:30pm	12 <b>Awesome Abs</b> 10:00-10:30am <b>Couch to 5K</b> Running club 6:00-7:00pm	13	14
15	16 <b>Senior Trek</b> 9:00-10:00am <b>ZUMBA</b> 5:45-6:45pm	17 <b>Awesome Abs</b> 10:00-10:30am <b>Couch to 5K</b> Running club 6:00-7:00pm	18 <b>Senior Treks</b> 9:00-10:00am <b>YOGA Flow</b> 6:00-7:00pm <b>ZUMBA</b> 7:30-8:30pm	19 <b>Awesome Abs</b> 10:00-10:30am <b>Couch to 5K</b> Running club 6:00-7:00pm	20 <b>GO ORGANIC!</b> Learn basic techniques and benefits to living an organic lifestyle! 10:00-11:00am FREE *Pre-registration required	21
22 29	23 <b>Senior Trek</b> 9:00-10:00am <b>ZUMBA</b> 5:45-6:45pm 30 <b>Senior Trek</b> 9:00-10:00am <b>ZUMBA</b> 5:45-6:45pm	24 <b>Awesome Abs</b> 10:00-10:30am <b>Couch to 5K</b> Running club 6:00-7:00pm	25 <b>NO CLASSES</b>	26 <b>HOLIDAY</b>	27 <b>HOLIDAY</b>	28 <b>Now offering BOOTCAMP!!</b> <b>call 912-652-6782 for more information.</b>

For more information please contact Lake Mayer Community Center: (912)-652-6782 or email: segodfre@chathamcounty.org

ZUMBA.....\$5.00/class

YOGA.....\$5.00/class (please bring a yoga mat or beach towel)

AWESOME ABS.....FREE

Senior Treks.....FREE

\*Payment accepted at the beginning of each class