



September 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Tai Chi @ 10am	4	5 Chair Yoga @ 6:30pm	6	7
8	9 Chair Yoga @ 12pm Yoga @ 6:30pm	10 Tai Chi @ 10am	11 Zumba @ 6pm	12 Chair Yoga @ 6:30pm	13	14
15	16 Chair Yoga @ 11:30 am Yoga @ 6:30pm	17 Tai Chi @ 10am	18 Zumba @ 6pm	19 Chair Yoga @ 6:30pm	20	21
22	23 Chair Yoga @ 11:30 am Yoga @ 6:30pm	24 Tai Chi @ 10am	25 Zumba @ 6pm	26 Chair Yoga @ 6:30pm	27	28
29	30 Chair Yoga @ 11:30 am Yoga @ 6:30pm					

Exercise Class Instructors:

Yoga \$10 & Chair Yoga \$5: Angie Benton- Divineshantiyoga@gmail.com
 Tai Chi/Qigong \$8 : Karen Koutsky- karen.koutsky@gmail.com
 Zumba \$5: Candra Davis- info@leapsnboundsdance.com

****Must Bring HC Badge to Participate!****



HIGHLAND CREEK

Highland Creek Sports & Aquatic Director:

Jessica Graves- Jessica@tridentpoolgroup.com

