




September

Elders Fitness Community Classes

If you have any questions or concerns call

The Wellness Center @ 520-562-2026

Class dates and times may vary and/or change

| Monday Lunas | Tuesday Go:k Thash | Wednesday Vaik Thash | Thursday Gi:ik Thash |
|--|---|--|---|
| <p>3</p>  | <p>4</p> <p>Elder Fitness 12:00 pm – 1:00 pm @ D3</p> <p>Elder Fitness 12:00 pm – 1:00 pm @ D4</p> | <p>5</p> <p>No classes on Wednesdays until further notice</p> | <p>6</p> <p>Chair Yoga 8:45 am – 9:45 am @ D3</p> <p>Chair Yoga 10:00 am – 11:00 am @ D5</p> |
| <p>10</p> <p>Bones and Balance 1:00 pm – 2:00 pm @D5</p> | <p>11</p> <p>Elder Fitness 12:00 pm – 1:00 pm @ D3</p> <p>Elder Fitness 12:00 pm – 1:00 pm @ D4</p> | <p>12</p> <p>No classes on Wednesdays until further notice</p> | <p>13</p> <p>Chair Yoga 8:45 am – 9:45 am @ D3</p> <p>Chair Yoga 10:00 am – 11:00 am @ D5</p> |
| <p>17</p> <p>Bones and Balance 1:00 pm – 2:00 pm @D5</p> | <p>18</p> <p>Elder Fitness 12:00 pm – 1:00 pm @ D3</p> <p>Elder Fitness 12:00 pm – 1:00 pm @ D4</p> | <p>19</p> <p>No classes on Wednesdays until further notice</p> | <p>20</p> <p>*NO CLASSES TODAY*</p> <p>We apologize for the inconvenience</p> |
| <p>24</p> <p>Bones and Balance 1:00 pm – 2:00 pm @D5</p> | <p>25</p> <p>Elder Fitness 12:00 pm – 1:00 pm @ D3</p> <p>Elder Fitness 12:00 pm – 1:00 pm @ D4</p> | <p>26</p> <p>No classes on Wednesdays until further notice</p> | <p>27</p> <p>*NO CLASSES TODAY*</p> <p>We apologize for the inconvenience</p> |

NO CLASSES ON FRIDAYS

Green Tea Smoothie

INGREDIENTS

1. ½ cup of freshly brewed green tea
2. 1 tsp of honey
3. ½ banana
4. 1 cup frozen blueberries
5. ½ cup unsweetened almond milk
6. Ice to your liking



Blend all
ingredients until
smooth.