

Tara Miller

From: Seymour Community Services <noreply@myrecdepartment.com>
Sent: Friday, October 6, 2023 9:11 AM
To: Tara Miller
Subject: ** BULK ** EXTERNAL SCHEDULE FOR NEXT WEEK



20 Pine Street, Seymour, CT. 06483 • (203) 888-0406 • <http://seymourct.myrec.com/>

A Few Changes to the FITNESS/PICKLEBALL schedule Next Week

MONDAY, 10/9 - CENTER IS CLOSED - COLUMBUS DAY

TUESDAY, 10/10 - NO ZUMBA TONE - Pickleball can play 8:15 - 2:15 pm

WEDNESDAY, 10/11 - Zumba Gold 10 am/Pickleball 8:15-9:30 and 11:15 - 2:15 pm

THURSDAY - 10/12 - Chair Yoga 10 am/Pickleball 8:15 - 2:15/ Standing Pilates 11:15 am

FRIDAY - 10/13 - No STRENGTH & TONE/Pickleball 8:15 - 11:15/Poise & Posture 11:00 am

Don't Forget the Luncheon on WEDNESDAY 12:00 noon (Must Register) and FLU/COVID CLINIC on THURSDAY 10:00am - 1:00pm!

Sent to: tmiller@seymourct.org

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