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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** |
| **8**Silver Sneakers w/ Josh 9:00am - 9:45am | **9**Silver Sneakers w/ Josh 9:00am - 9:45amUBC w/ Jacqueline 4:30pm - 5:30pmT&R w/ Jaqueline 5:30 - 5:40pm | **10**Silver Sneakers w/ Josh 9:00am - 9:45am | **11**Silver Sneakers w/ Josh 9:00am - 9:45amUBC w/ Jacqueline 4:30pm - 5:30pmT&R w/ Jaqueline 5:30 - 5:40pm |
| **15**Silver Sneakers w/ Josh 9:00am - 9:45am | **16**Silver Sneakers w/ Josh 9:00am - 9:45amUBC w/ Jacqueline 4:30pm - 5:30pmT&R w/ Jaqueline 5:30 - 5:40pm | **17**Silver Sneakers w/ Josh 9:00am - 9:45am | **18**Silver Sneakers w/ Josh 9:00am - 9:45amUBC w/ Jacqueline 4:30pm - 5:30pmT&R w/ Jaqueline 5:30 - 5:40pm |
| **22**Silver Sneakers w/ Josh 9:00am - 9:45am | **23**Silver Sneakers w/ Josh 9:00am - 9:45amUBC w/ Jacqueline 4:30pm - 5:30pmT&R w/ Jaqueline 5:30 - 5:40pm | **24**Silver Sneakers w/ Josh 9:00am - 9:45am | **25**Silver Sneakers w/ Josh 9:00am - 9:45amUBC w/ Jacqueline 4:30pm - 5:30pmT&R w/ Jaqueline 5:30 - 5:40pm |
| **29**Silver Sneakers w/ Josh 9:00am - 9:45am | **30**Silver Sneakers w/ Josh 9:00am - 9:45am | 1Silver Sneakers w/ Josh 9:00am - 9:45am | 2Silver Sneakers w/ Josh 9:00am - 9:45amUBC w/ Jacqueline 4:30pm - 5:30pmT&R w/ Jaqueline 5:30 - 5:40pm |