


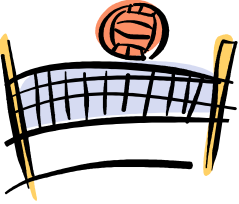






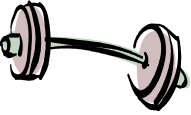






October 30 - November 5, 2011

Hemenway Health Club

| SUNDAY October 30 | MONDAY October 31 | TUESDAY November 1 | WEDNESDAY November 2 | THURSDAY November 3 | FRIDAY November 4 | SATURDAY November 5 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>8:30 AM Morning Walk with Spook-tacular Neighbors</p>  <p>9:00 AM - 7:00 PM Monster Family Swim</p> <p>9:30 AM Stretch & Strengthen</p> | <p>HALLOWEEN</p> <p>8:30 AM Morning Walk with Neighbors</p> <p>9:00 AM Watercise</p>  <p>9:30 AM Stretch and Strengthen</p> <p>10:00 AM Chair Tennis</p>  <p>3:30 PM Afternoon Walk with Neighbors</p>  | <p>8:30 AM Morning Walk with Neighbors</p> <p>9:30 AM Stretch and Strengthen</p> <p>9:30 AM Balance Class 370 Overlook Lounge</p> <p>10:15 AM Mind and Body Relaxation Class with Joy</p> <p>11:15 AM Fitness Center Assistance with Joy</p> <p>1:00 PM Balance Class 420 Theatre</p> <p>2:30 PM Circuit Training with Joy</p> <p>3:30 PM Afternoon Walk with Neighbors</p> | <p>8:30 AM Morning Walk with Neighbors</p> <p>9:00 AM Watercise</p>  <p>9:30 AM Stretch and Strengthen</p>  <p>10:00 AM Ball Toss Talk</p>  <p>3:30 PM Afternoon Walk with Neighbors</p>  | <p>8:30 AM Morning Walk with Neighbors</p> <p>9:30 AM Stretch and Strengthen</p> <p>10:15 AM Mind and Body Relaxation Class with Joy</p>  <p>11:15 AM Fitness Center Assistance with Joy</p> <p>1:45 PM Balance Training with Joy</p> <p>2:30 PM Circuit Training with Joy</p>  <p>3:30 PM Afternoon Walk with Neighbors</p> | <p>8:30 AM Morning Walk with Neighbors</p> <p>9:00 AM Watercise</p>  <p>9:30 AM Stretch and Strengthen</p> <p>10:00 AM Tennis Challenge</p>  <p>3:30 PM Afternoon Walk with Neighbors</p>  | <p>8:30 AM Morning Walk with Neighbors</p> <p>9:00 AM - 7:00 PM Family Swim</p> <p>9:30 AM Stretch and Strengthen</p>  <p><i>It is physiologically impossible to "turn fat into muscle" but you can lose fat and gain muscle.</i></p> |
| <p><i>Treadmills were originally designed in 1875 for people to walk their dogs on cold days.</i></p> | | | | | | |