




Cornwall Manor Wellness Center

Activities September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Located in the Manypenny Recreational Room—lower level of Zerr Chapel</i>					1	2
3	4	5 9:30-Zumba Gold 11:15-12 Gentle Str. 1-2 pm-Joan	6	7 10-11:30-Yoga 2-3 pm Line Dancing	8	9
10	11	12 9:30-Zumba Gold 11:15-12 Gentle Str. 1-2 pm-Joan	13	14 10-11:30-Yoga 2-3 pm Line Dancing	15	16
17	18	19 9:30-Zumba Gold 11:15-12 Gentle Str. 1-2 pm-Joan	20	21 10-11:30-Yoga 2-3 pm Line Dancing	22	23
24	25	26 9:30-Zumba Gold 11:15-12 Gentle Str. 1-2 pm-Joan	27	28 10-11:30-Yoga 2-3 pm Line Dancing	29	30