

HEALTH & FITNESS

at THE MERION | *November 2016 Schedule*

<i>Date/Time</i>	<i>Event/Activity</i>	<i>Led By</i>
Tuesdays in Nov. at 9:30am	Low-Impact Chair Yoga Class	Elana Steingberg
Thursdays in Nov. at 9:30am	Tai Chi Relaxation Class	Mike McGinn
Fridays in Nov. at 10:00am	Aqua Aerobics Class	Nichola Goss
Wednesday, Nov. 2nd at 1:00pm	Balance, Fitness, & Strength Class	Katie Slesinsko
Saturday, Nov. 5th at 1:30pm	Zumba Fitness Class	Tara Nance
Monday, Nov. 7th at 10:00am	Head-to-Toe Fitness Class	Nichola Goss
Tuesday, Nov. 8th at 1:00pm	Balance, Fitness, & Strength Class	Katie Slesinsko
Wednesday, Nov. 9th at 3:00pm	Free Blood Pressure Screening	Wellness Staff
Saturday, Nov. 12th at 1:30pm	Zumba Fitness Class	Tara Nance
Monday, Nov. 14th at 10:00am	Sit and Stay Strong Fitness Class	Nichola Goss
Wednesday, Nov. 16th 1:00pm	Aquatic Ai Chi Therapy	Mike McGinn
Saturday, Nov. 19th at 1:30pm	Zumba Fitness Class	Tara Nance
Monday, Nov. 21st at 10:00am	Head-to-Toe Fitness Class	Nichola Goss
Tuesday, Nov. 22nd at 10:30am	Wellness Center Presents: Nutrition Facts	Wellness Staff
Wednesday, Nov. 23rd at 1:00pm	Balance, Fitness, & Strength Class	Katie Slesinsko
Monday, Nov. 28th at 10:00am	Sit and Stay Strong Fitness Class	Nichola Goss
Wednesday, Nov. 30th 1:00pm	Aquatic Ai Chi Therapy	Mike McGinn

1611 Chicago Avenue, Evanston | 847.864.6400 | MerionEvanston.com



Health & Fitness events are reserved for [Merion Residents and Invited Guests](#).

If you are interested in exploring life at The Merion, please contact us for a complimentary guest pass at 847-864-6400. Monthly schedule is subject to change.