HEALTH & FITNESS

THE MERION | *November 2017 Schedule*

Date/Time	Event/Activity	Location
Sundays in November at 4pm	Simply Yoga with Elana	The Fitness Center
Mondays in November at 10am	Head to Toe Fitness with Nichola	The Fitness Center
Tuesdays in November at 9:30am	Fit Club with Daniel	The Fitness Center
Thursdays in November at 9:30am	Tai Chi with Mike McGinn	The Fitness Center
Fridays in November at 10am	Aqua Aerobics with Nichola	The Aquatic Center
Fridays in November at 12:30pm	Walking with The Merion	Merion Lobby
Saturdays in November at 1:30pm	Zumba Fitness with Tara	The Fitness Center
Wednesday, November 1 at 11am	The Wellness Center Presents: *Blood Pressure Screening*	The Wellness Center
Thursday, November 2 at 1pm	Fitness Equipment 101	The Fitness Center
Sunday, November 5 at 1pm	Balance, Fitness & Strength with David	The Fitness Center
Wednesday, November 8 at 12pm	The Wellness Center Presents: *Audiologist*	The Wellness Center
Wednesday, November 8 at 1pm	Tai Chi with Mike McGinn	The Fitness Center
Thursday, November 9 at 1pm	Fitness Equipment 101	The Fitness Center
Sunday, November 12 at 1pm	Balance, Fitness & Strength with David	The Fitness Center
Wednesday, November 15 at 1pm	Workout Wonders with Johnny	The Fitness Center
Friday, November 17 at 11am	Anne Ryan Presents: *Coping with Holiday Blues*	The Sapphire Room
Sunday, November 19 at 1pm	Balance, Fitness & Strength with David	The Fitness Center
Wednesday, November 22 at 1pm	Tai Chi with Mike McGinn	The Fitness Center
Sunday, November 26 at 1pm	Balance, Fitness & Strength with David	The Fitness Center
Wednesday, November 29 at 1pm	Workout Wonders with Johnny	The Fitness Center

THE MERION

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. Monthgly schedule is subject to change.