

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	<p>3</p> <p>9-10am - Cardio Fusion (GYM) 9-10am - Yoga (WH 1+2) 10-11am - Indoor Walking (Gym) 11-12pm - Kiddie Gym (Gym) 3:30-5pm - Gr. 6-8 Open Gym 6pm - LUO Workshop 6pm - Scouts (WH 1+2) 7pm - Recycling Com. (CR)</p>	<p>4</p> <p>8:30-9:30am - 360 Circuit (GYM) 9:30-10am - Grown Up & Me (WH 2) 10-10:30am - Bouncing Buds (WH 2) 12-12:50 - Cardio, Core & Connections 3:30-5pm - HS Open Gym 5:30-6:30pm - 360 Circuit (GYM) 7:00pm - Select Board - CANCELLED 7pm - Select Board Meeting</p>	<p>5</p> <p>9-10am - Cardio Fusion (GYM) 9-10am - Yoga (WH 1+2) 10:15-11 Young @ Heart (WH 1+2) 10-11am - Indoor Walking (Gym) 11-12pm - Kiddie Gym (Gym) 3:30-5pm - Gr. 6-8 Open Gym 6pm - Brownies & Scouts 6:30pm - Parks & Rec Comm. (CR)</p>	<p>6</p> <p>8:30-9:30am - 360 Circuit (GYM) 12-12:50 - Cardio, Core & Connections 3:30-5pm - HS Open Gym 3:45-4:30pm - Hip Hop Dance (WH 2) 4:30-5pm - Move & Groove (WH 2) 5-6pm - K-2 Ballet/Tap (WH 2) 6-7pm - Ballet/Tap 2 (WH 2) 7-8pm - Hip Hop Dance Class (WH 2) 6:30pm - Select Board Workshop</p>	<p>7</p> <p>PD Active Shooter Training (ALL DAY - WH & CC)</p>	<p>8</p> <p>PD Active Shooter Training (ALL DAY - WH & CC)</p>
<p>9</p> <p>PD Active Shooter Training (ALL DAY - WH & CC)</p>	<p>10</p> <p>PD Active Shooter Training (ALL DAY - WH & CC)</p> <p>CLOSED - HOLIDAY</p>	<p>11</p> <p>8:30-9:30am - 360 Circuit (GYM) 9:30-10am - Grown Up & Me (WH 2) 10-10:30am - Bouncing Buds (WH 2) 12-12:50pm - Cardio, Core, Connection (WH 2) 3:30-5pm - HS Open Gym 5:30-6:30pm - 360 Circuit (GYM) 7pm - Planning Board Meeting</p>	<p>12</p> <p>9-10am - Cardio Fusion (GYM) 9-10am - Yoga (WH 1+2) 10:15-11 Young @ Heart (WH 1+2) 10-11am - Indoor Walking (Gym) 11-12pm - Kiddie Gym (Gym) 3-4:30pm - Gr. 6-8 Open Gym 6pm - Brownies & Scouts 6pm - MSAD 51 Public Informational Session</p>	<p>13</p> <p>8:30-9:30am - 360 Circuit (GYM) 12-12:50pm - Cardio, Core, Connection (WH 2) 3:30-5pm - HS Open Gym 3:45-4:30pm - Hip Hop Dance (WH 2) 4:30-5pm - Move & Groove (WH 2) 5-6pm - K-2 Ballet/Tap (WH 2) 6-7pm - Ballet/Tap 2 (WH 2) 7-8pm - Hip Hop Dance Class (WH 2)</p>	<p>14</p> <p>10-11am - Indoor Walking (Gym) 11-12pm - Kiddie Gym (Gym) 3:30-5:30pm - Open Gym HART Fundraiser set up</p>	<p>15</p> <p>HART Fundraiser</p>
<p>16</p> <p>1-3pm - Bluegrass Jam Session (WH 1)</p>	<p>17</p> <p>9-10am - Cardio Fusion (GYM) 9-10am - Yoga (WH 1+2) 10-11am - Indoor Walking (Gym) 11-12pm - Kiddie Gym</p>	<p>18</p> <p>8:30-9:30am - 360 Circuit (GYM) 9:30-10am - Grown Up & Me (WH 2) 10-10:30am - Bouncing Buds (WH 2)</p>	<p>19</p> <p>9-10am - Cardio Fusion (GYM) 9-10am - Yoga (WH 1+2) 10:15-11 Young @ Heart (WH 1+2)</p>	<p>20</p> <p>8:30-9:30am - 360 Circuit (GYM) 12-12:50pm - Cardio, Core, Connection (WH 2) 3:30-5pm - HS Open Gym</p>	<p>21</p> <p>10-11am - Indoor Walking (Gym) 11-12pm - Kiddie Gym (Gym) 3:30-5:30pm - Open Gym</p>	<p>22</p> <p>1-3pm - Party (CR/Gym)</p>

	(Gym) 3:30-5pm - Gr. 6-8 Open Gym 6pm - Scouts (WH 1+2) 7pm - Living Well in North Yarmouth (CR)	12-12:50 - Cardio, Core & Connections 3:30-5pm - HS Open Gym 5:30-6:30pm - 360 Circuit (GYM) 7pm - Select Board Meeting	10-11am - Indoor Walking (Gym) 11-12pm - Kiddie Gym (Gym) 3-4:30pm - Gr. 6-8 Open Gym 6pm- Brownies & Scouts	3:45-4:30pm - Hip Hop Dance (WH 2) 4:30-5pm - Move & Groove (WH 2) 5-6pm - K-2 Ballet/Tap (WH 2) 6-7pm - Ballet/Tap 2 (WH 2) 7-8pm - Hip Hop Dance Class (WH 2)		
23	24 9-10am - Cardio Fusion (GYM) 9-10am - Yoga (WH 1+2) 10-11am - Indoor Walking (Gym) 11-12pm - Kiddie Gym (Gym) 3:30-5pm - Gr. 6-8 Open Gym 6pm - Scouts (WH 1+2)	25 8:30-9:30am - 360 Circuit (GYM) 9:30-10am - Grown Up & Me (WH 2) 10-10:30am - Bouncing Buds (WH 2) 12-12:50pm - Cardio, Core, Connection (WH 2) 3:30-5pm - HS Open Gym 5:30-6:30pm - 360 Circuit (GYM) 6:30pm - Planning Board Workshop	26 9-10am - Cardio Fusion (GYM) 9-10am - Yoga (WH 1+2) 10:15-11 Young @ Heart (WH 1+2) 10-11am - Indoor Walking (Gym) 11-12pm - Kiddie Gym (Gym) 3:30-5pm - Gr. 6-8 Open Gym 6pm- Brownies & Scouts	27 8:30-9:30am - 360 Circuit (GYM) 12-12:50pm - Cardio, Core, Connection (WH 2) 3:30-5pm - HS Open Gym 3:45-4:30pm - Hip Hop Dance (WH 2) 4:30-5pm - Move & Groove (WH 2) 5-6pm - K-2 Ballet/Tap (WH 2) 6-7pm - Ballet/Tap 2 (WH 2) 7-8pm - Hip Hop Dance Class (WH 2) 6:30pm - EDSC Meeting	28 10-11am - Indoor Walking (Gym) 11-12pm - Kiddie Gym (Gym) 3:30-5pm- Open Gym	29 5-9pm - Trunk or Treat/Movie Night
30	31 9-10am - Cardio Fusion (GYM) 9-10am - Yoga (WH 1+2) 10-11am - Indoor Walking (Gym) 11-12pm - Kiddie Gym (Gym) 3:30-5pm - Gr. 6-8 Open Gym					WH - GREEN CR - PURPLE GYM - ORANGE WH3 (MERRILL RM) - BLUE