

October



South Natomas Community Center

2921 Truxel Road

916-808-1571

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<p>10:00am Senior Link ZUMBA 1:00pm DrumFIT 3:00pm Rec Express & Teen Scene</p> <p>2</p>	<p>9:30am Sac Food Bank 10:00am Senior Social 12:30pm Golden Age Yoga 3:00pm Rec Express & Teen Scene 5:30pm Martial Arts</p> <p>3</p>	<p>9:00am Matter of Balance 11:00am Chair-A-Cise 1:00pm Getting Technical 3:00pm Rec Express & Teen Scene 5:30pm Advanced Martial Arts</p> <p>4</p>	<p>9:00am Walk w/ Talamantes 10:00am Craft & Chat 12:00pm Zumba Gold 3:00pm Rec Express & Teen Scene 5:30pm Martial Arts</p> <p>5</p>	<p>8:30am Matter of Balance 11:00am Chair-A-Cise 1:00pm Getting Technical 3:00pm Rec Express & Teen Scene 3:15pm Joanna's KidsRit 6:30pm Kids Night Out 6:30pm Martial Arts</p> <p>6</p>	<p>9:00am Tai Chi 10:30am Zumbini</p> <p>7</p> <p>8</p>
<p>1:00pm DrumFIT 4:00pm Creative Arts</p> <p>9</p>	<p>10:00am Senior Social 12:30pm Golden Age Yoga 3:00pm Rec Express & Teen Scene 5:30pm Martial Arts</p> <p>10</p>	<p>11:00am Chair-A-Cise 1:00pm Getting Technical 3:00pm Rec Express & Teen Scene 5:30pm Advanced Martial Arts</p> <p>11</p>	<p>10:00am Craft & Chat 12:00pm Zumba Gold 3:00pm Rec Express & Teen Scene 5:30pm Martial Arts</p> <p>12</p>	<p>11:00am Chair-A-Cise 1:00pm Getting Technical 3:00pm Rec Express & Teen Scene 3:15pm Joanna's KidsRit 6:30pm Martial Arts</p> <p>13</p>	<p>9:00am Tai Chi 10:00am Project Alpha 11:30am Zumbini</p> <p>14</p> <p>15</p>
<p>10:00am Senior Link ZUMBA 1:00pm DrumFIT 3:00pm Rec Express & Teen Scene</p> <p>16</p>	<p>9:30am Sac Food Bank 9:00am Senior Social 12:30pm Golden Age Yoga 3:00pm Rec Express & Teen Scene 5:30pm Martial Arts</p> <p>17</p>	<p>11:00am Chair-A-Cise 1:00pm Getting Technical 3:00pm Rec Express & Teen Scene 5:30pm Advanced Martial Arts</p> <p>18</p>	<p>10:00am Craft & Chat 12:00pm Zumba Gold 3:00pm Rec Express & Teen Scene 5:30pm Martial Arts</p> <p>19</p>	<p>11:00am Chair-A-Cise 1:00pm Getting Technical 3:00pm Rec Express & Teen Scene 3:15pm Joanna's KidsRit 6:30pm Martial Arts</p> <p>20</p>	<p>9:00am Tai Chi 10:30am Zumbini</p> <p>21</p> <p>22</p>
<p>10:00am Senior Link ZUMBA 1:00pm DrumFIT 3:00pm Rec Express & Teen Scene 4:00pm Creative Arts 4:00pm YLOT</p> <p>23</p>	<p>10:00am Senior Social 12:30pm Golden Age Yoga 3:00pm Rec Express & Teen Scene 5:30pm Martial Arts</p> <p>24</p>	<p>11:00am Chair-A-Cise 1:00pm Getting Technical 3:00pm Rec Express & Teen Scene 4:00pm YLOT 5:30pm Advanced Martial Arts</p> <p>25</p>	<p>10:00am Craft & Chat 12:00pm Zumba Gold 3:00pm Rec Express & Teen Scene 5:30pm Martial Arts 6:00pm Hot Spot Remix</p> <p>26</p>	<p>1:00pm Getting Technical 6:00pm Freaky Friday</p> <p>27</p> <p>Halloween Event</p>	<p>9:00am Tai Chi 10:30am Zumbini</p> <p>28</p> <p>29</p>
<p>1:00pm DrumFIT 3:00pm Rec Express & Teen Scene 4:00pm YLOT</p> <p>30</p>	<p>10:00am Senior Social 12:30pm Golden Age Yoga 3:00pm Rec Express & Teen Scene 5:30pm Martial Arts</p> <p>31</p>			 <p>City of SACRAMENTO Youth, Parks, & Community Enrichment</p>	