

**JEFFERSON COUNTY DEPARTMENT OF PARKS AND RECREATION
WEDNESDAY SENIOR STRENGTH AND BALANCE SCHEDULE
HIGH RIDGE CIVIC CENTER
NOVEMBER 2017**

NOVEMBER 1 – 9:30 TO 10:30 AM

NOVEMBER 8 – 9:30 TO 10:30 AM

NOVEMBER 15 – 9:30 TO 10:30 AM

NOVEMBER 22 – 9:30 TO 10:30 AM

NOVEMBER 29 – 9:30 TO 10:30 AM

(NEXT CLASS BEGINS WEDNESDAY, DECEMBER 6, 2017)

**PLEASE CALL OUR PROGRAM CANCELATION HOTLINE IN CASE OF BAD
WEATHER – (636) 797-6101**