

PROGRAM SCEHDULE

To register for the classes
listed below please visit noce.edu or with
instructor

MONDAY

Fun & Fitness w/ Jeanine 9:00am-10:50am

TUESDAY

Staying Mentally Sharp 9:00am-10:50am

Robin's Health & Exercise 10:00am-11:50am

Journey Back in Time NEW! 1:00pm-2:50pm

WEDNESDAY

Fit & Health w/Kenny 12:30pm-2:20pm

History of Movies/Senior Topics
1:30pm-3:20pm

THURSDAY

Staying Mentally Sharp 9:00am-10:50am

Knitting & Crocheting 9:00am-10:50am

Fitness Zone Health w/ Deena 12:00pm-1:50pm

FRIDAY

Fit & Health w/Kenny 12:30pm-2:20pm



