

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2025

EverFit Calendar

<div>November 2025</div> <div>EverFit Calendar</div>						<div>1</div> <div>9:30 Light & Lively Exercise</div> <div>11:00 Indoor Walks</div>
<div>2</div> <div>9:30 Light & Lively Exercise</div> <div>2:00 Indoor Walks</div>	<div>3</div> <div>9:30 Light & Lively Exercise</div> <div>11:00 Chair Exercise</div>	<div>4</div> <div>9:30 Light & Lively Exercise</div> <div>11:00 Chair Exercise</div>	<div>5</div> <div>9:30 Light & Lively Exercise</div> <div>11:00 Balance Class With Crystal</div>	<div>6</div> <div>9:30 Light & Lively Exercise</div> <div>11:00 Chair Exercise</div>	<div>7</div> <div>9:30 Light & Lively Exercise</div> <div>11:00 Chair Exercise</div>	<div>8</div> <div>9:30 Light & Lively Exercise</div> <div>10:30 Music & Movement With Haile</div> <div>11:00 Indoor Walks</div>
<div>9</div> <div>9:30 Light & Lively Exercise</div> <div>2:00 Indoor Walks</div>	<div>10</div> <div>9:30 Light & Lively Exercise</div> <div>10:30 Music & Movement With Haile</div> <div>11:00 Chair Exercise</div>	<div>11</div> <div>9:30 Light & Lively Exercise</div> <div>10:30 Music & Movement With Haile</div> <div>11:00 Chair Exercise</div>	<div>12</div> <div>9:30 Light & Lively Exercise</div> <div>11:00 Balance Class With Crystal</div>	<div>13</div> <div>9:30 Light & Lively Exercise</div> <div>10:30 Music & Movement With Haile</div> <div>11:00 Chair Exercise</div>	<div>14</div> <div>9:30 Light & Lively Exercise</div> <div>11:00 Chair Exercise</div>	<div>15</div> <div>9:30 Light & Lively Exercise</div> <div>10:30 Music & Movement With Haile</div>
<div>16</div> <div>9:30 Light & Lively Exercise</div> <div>2:00 Indoor Walks</div>	<div>17</div> <div>9:30 Light & Lively Exercise</div> <div>10:30 Music & Movement With Haile</div> <div>11:00 Chair Exercise</div>	<div>18</div> <div>9:30 Light & Lively Exercise</div> <div>10:30 Music & Movement With Haile</div> <div>11:00 Chair Exercise</div>	<div>19</div> <div>9:30 Light & Lively Exercise</div> <div>11:00 Balance Class With Crystal</div>	<div>20</div> <div>9:30 Light & Lively Exercise</div> <div>10:30 Music & Movement With Haile</div> <div>11:00 Chair Exercise</div>	<div>21</div> <div>9:30 Light & Lively Exercise</div> <div>11:00 Chair Exercise</div>	<div>22</div> <div>9:30 Light & Lively Exercise</div> <div>10:30 Music & Movement With Haile</div>
<div>23</div> <div>9:30 Light & Lively Exercise</div> <div>2:00 Indoor Walks</div>	<div>24</div> <div>9:30 Light & Lively Exercise</div> <div>10:30 Music & Movement With Haile</div> <div>11:00 Chair Exercise</div>	<div>25</div> <div>9:30 Light & Lively Exercise</div> <div>10:30 Music & Movement With Haile</div> <div>11:00 Chair Exercise</div>	<div>26</div> <div>9:30 Light & Lively Exercise</div> <div>11:00 Balance Class With Crystal</div>	<div>27</div> <div>9:30 Light & Lively Exercise</div> <div>10:30 Music & Movement With Haile</div> <div>11:00 Chair Exercise</div>	<div>28</div> <div>9:30 Light & Lively Exercise</div> <div>11:00 Chair Exercise</div>	<div>29</div> <div>9:30 Light & Lively Exercise</div> <div>11:00 Indoor Walks</div>

9:30 Light & Lively Exercise
2:00 Indoor Walks
30





Cascade Living Group

The Difference Between Living and Living Well