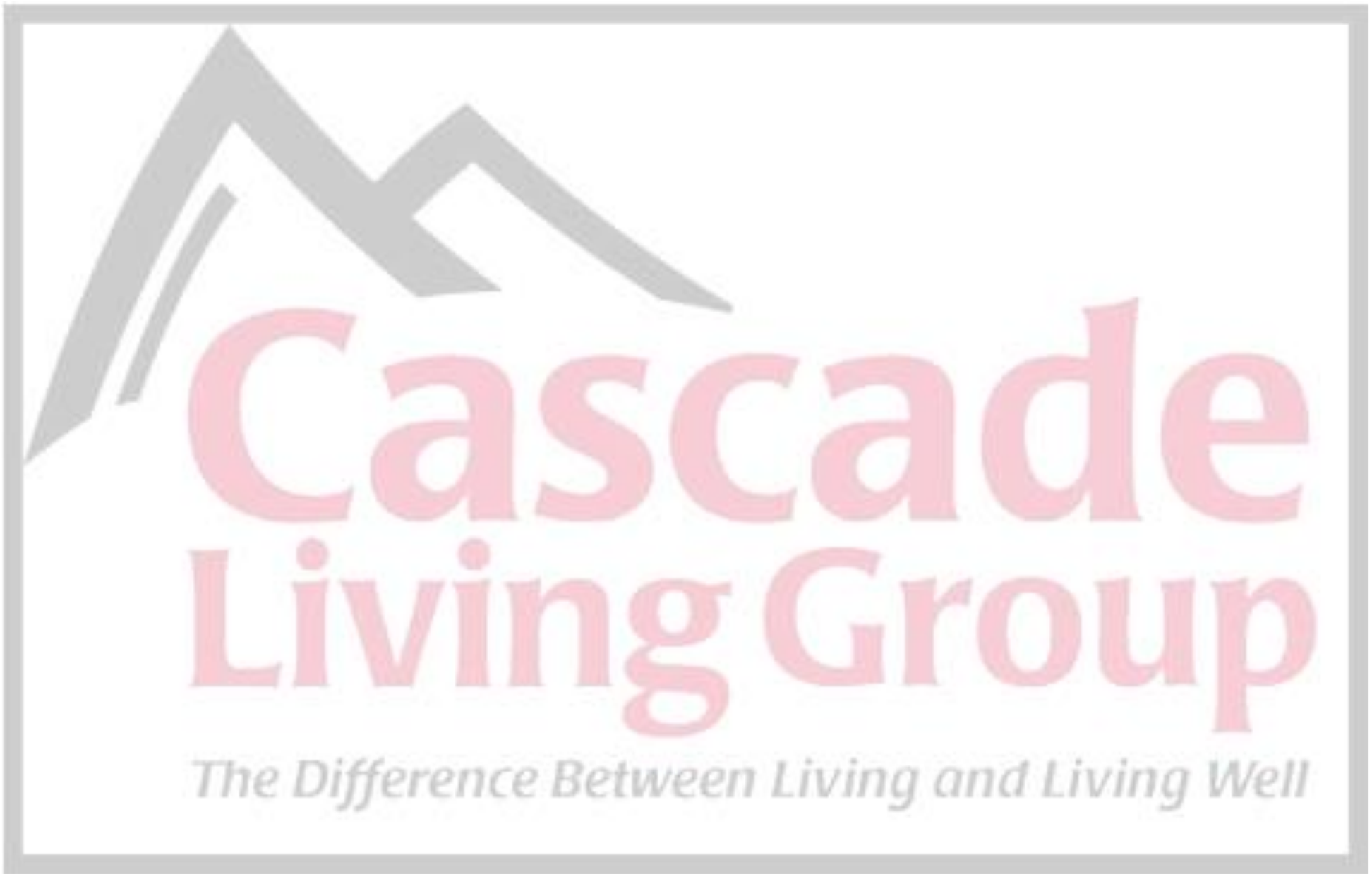
November The Cottage 2026

The EverFit Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Zumba w/ Lena	Zumba w/ Carol	Zumba w/ Lena	Zumba w/ Junko		
8	9	10	11	12	13	14
		Balls w/ Carol	Zumba w/ Lena	Zumba w/ Junko		
15	16	17	18	19	20	21
		Zumba w/ Carol	Zumba w/ Lena	Zumba w/ Junko		
22	23	24	25	26	27	28
		Balls w/ Carol				
29	30					
	Zumba w/ Junko					

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ALL ASSISTED
FITNESS AND COGNITIVE SERVICES


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