



The
Connor Moran
Wellness Center
Making Healthy Happen!

Hours of Operation: M-F 6 a.m. - 8 p.m.


Sat./Sun. 8 a.m. - 2 p.m.

Call for daily recorded message 561-427-0122

Upstairs STUDIO is available to members, AT NO COST,

or activities and events, upon request.

Visit us ONLINE at www.connormoran.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	1 Yoga 9:15 Ronn Silver Sneakers 10:30 MARJONG 1:00 Yoga 6:30 Diane Mixed Martial Arts 6:00	Member/GUEST! 2 Pump & Tone 8:30 Aero/sculpt 9:30 Pilates 7:00	3 Yoga 9:15 Ronn Silver Sneakers 10:30 Mixed Martial Arts 6:00 Men's Karate 7:00	4 Aero/STEP 9:30 MAHJONG 1:00	5 Yoga 9:15 Ronn	6 Yoga 9:15 Lisa	
7 Aero/sculpt 9:30 Men's Karate 7:00 Zumba 7:00	8 Yoga 9:15 Ronn Silver Sneakers 10:30 MARJONG 1:00 Yoga 6:30 Diane Mixed Martial Arts 6:00	9 Pump & Tone 8:30 Aero/sculpt 9:30 Pilates 7:00	10 Yoga 9:15 Ronn Silver Sneakers 10:30 Mixed Martial Arts 6:00 Men's Karate 7:00	11 Aero/STEP 9:30 MAHJONG 1:00	12 Yoga 9:15 Diane Lunch & Learn "Reversing Fibromyalgia" 11:00-1:00	13 Yoga 9:15 Lisa	
14 Pump & Tone 8:30 Aero/sculpt 9:30 Men's Karate 7:00 Zumba 7:00	15 Yoga 9:15 Ronn Silver Sneaker 10:30 MAHJONG 1:00 Yoga 6:30 Diane Mixed Martial Arts 6:00	16 Pump & Tone 8:30 Aero/sculpt 9:30 Pilates 7:00	17 Yoga 9:15 Ronn Silver Sneaker 10:30 Mixed Martial Arts 6:00 Men's Karate 7:00	18 CLOSED FOR TEQUESTA FESTIVAL	19 CLOSED FOR TEQUESTA FESTIVAL	20 Yoga 9:15 Lisa	
21 Pump & Tone 8:30 Aero/sculpt 9:30 Men's Karate 7:00 Zumba 7:00	22 Yoga 9:15 Ronn Silver Sneaker 10:30 MAHJONG 1:00 Yoga 6:30 Diane Mixed Martial Arts 6:00	23 Pump & Tone 8:30 Aero/sculpt 9:30 Pilates 7:00	24 CLOSED FOR THANKSGIVING 	25 Aero/STEP 9:30 MAHJONG 1:00	26 Yoga 9:15 Ronn	27 Yoga 9:15 Lisa	
28 Pump & Tone 8:30 Aero/sculpt 9:30 Men's Karate 7:00 Zumba 7:00	29 Yoga 9:15 Ronn Silver Sneaker 10:30 MAHJONG 1:00 Yoga 6:30 Diane Mixed Martial Arts 6:00	30 Pump & Tone 8:30 Aero/sculpt 9:30 Pilates 7:00	NOVEMBER				