




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 5:15-6:00 pm Pound Fit	2 8-9 am Cardio Drumming 9-9:45 am Pound Fit 10-10:45 am Zumba
3	4 5:30-6:30 pm Gentle Flow Yoga 6:00-7:00 pm NA Meeting Card Stamping CANCELLED 6:30-7:30 pm Pop Pilates 8:00-9:00 pm AA Meeting	5 4:30-5:15 pm Zumba 5:30-6:15 pm Pound Fit 7:00-8:00 pm Nar-Anon Family and Friends Meeting! No registration required!	6 1:00 pm AA Meeting 12 and 12 discussion meeting. 4:30-5:30 pm Strong by Zumba 5:30-6:30 pm Cardio Drumming 6:30-7:15 pm Pound Fit 7:00-8:00 pm NA Meeting	7 5:15-6:00 pm Strength Training	8 5:15-6:00 pm Pound Fit	9 8-9 am Cardio Drumming 9-9:45 am Pound Fit 10-10:45 am Zumba 12-1:15 pm Chunky Bead Necklace Making Class \$20 per person ages 10 and up. To register please contact the Coshnock Community Center @ (740) 575-5178 or message our Facebook page.
10	11 5:30-6:30 pm Gentle Flow Yoga 6:00-7:00 pm NA Meeting Card Stamping CANCELLED 6:30-7:30 pm Pop Pilates 8:00-9:00 pm AA Meeting	12 4:30-5:15 pm Zumba 5:30-6:15 pm Pound Fit 7:00-8:00 pm Nar-Anon Family and Friends Meeting! No registration required!	13 1:00 pm AA Meeting 12 and 12 discussion meeting. Strong by Zumba CANCELLED 5:30-6:30 pm Cardio Drumming 6:30-7:15 pm Pound Fit 7:00-8:00 pm NA Meeting	14 5:15-6:00 pm Strength Training	15 5:15-6:00 pm Pound Fit	16 Cardio Drumming CANCELLED 9-9:45 am Pound Fit 10-10:45 am Zumba 1-2:30 pm "Fall Harvest" Make-It-Take-It Youth Craft Event NO COST! To register please contact the Coshnock Community Center @ (740) 575-5178 or message our Facebook page.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17		5:30-6:30 pm Gentle Flow Yoga 6-7 pm NA Meeting Card Stamping; CANCELLED 6:30-7:30 pm Pop Plates 8-9 pm AA Meeting 8-9 pm AA Meeting	4:30-5:15 pm Zumba Pound Fit; CANCELLED 7:00-8:00 pm Nar-Anon Family and Friends Meeting! No registration required!	1:00 pm AA Meeting 12 and 12 discussion meeting. Strong by Zumba; CANCELLED 5:30-6:30 pm Cardio Drumming 6:30-7:15 pm Pound Fit 7:00-8:00 pm NA Meeting	21 5:15-6 pm Strength Training	22 5:15-6 pm Pound Fit	23 8-9 am Cardio Drumming 9-9:45 am Pound Fit 10-10:45 am Zumba 12-1 pm "ChalkyTalk" Christmas Tree Craft (Set of 3) \$30.00 per person To register please contact the Coshocton Community Center @ (740) 575-5178 or message.
24		25 5:30-6:30 pm Gentle Flow Yoga 6-7 pm NA Meeting Card Stamping; CANCELLED 6:30-7:30 pm Pop Plates 8-9 pm AA Meeting	26 4:30-5:15 pm Zumba 5:30-6:15 pm Pound Fit 7:00-8:00 pm Nar-Anon Family and Friends Meeting! No registration required!	27 1:00 pm AA Meeting 12 and 12 discussion meeting. 5:30-6:30 pm Pre-Thanksgiving Combination Workout (Pound, Strong by Zumba, and Cardio Drumming) 7:00-8:00 pm NA Meeting	28  NO CLASSES	29 5:15-6 pm Pound Fit	30 8-9 am Cardio Drumming 9-9:45 am Pound Fit 10-10:45 am Zumba

COSHOCTON COMMUNITY CENTER
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Where good stuff happens