







Ephrata Recreation Center's Project Work-out November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2  Rebuilding Lives & Community	3  LMA CONSULTING GROUP <i>Aligning people, performance and strategy since 1982.</i> A division of LMA Systems Group Inc.	4 	5  Ephrata Community Hospital	6 	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 <i>10 A.M.—3 P..M. Open Rec 11:10—11:45 Yoga 2 P.M.—3P.M. CareerLink Tabor Display</i>	24	25 <i>10 A.M.—3 P..M. Open Rec 11 A.M.—12 noon Aerobics Class 2:15—2:45 Aqua Fit 2 P.M.—3P.M. CareerLink</i>	26	27 <i>10 A.M.—3 P..M. Open Rec 10 :00—12:00 Pick-up Volleyball</i>	28
29	30 <i>10 A.M.—3 P..M. Open Rec 10:00—11:30 LMA Consulting 11:10—11:45 Yoga 2 P.M.—3P.M. CareerLink</i>					

Babysitting: Monday, Wednesday, Friday from 12:30 to 2:30—\$1.00 per hour per child

Ephrata Recreation Center's Project Work-out December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>2 10 A.M.—3 P..M. <i>Open Rec</i> 11 A.M.—12 noon <i>Aerobics Class</i> 2:15—2:45 <i>Aqua Fit</i> 2 P.M.—3P.M. <i>CareerLink</i></p>	<p>3</p>	<p>4 10 A.M.—3 P..M. <i>Open Rec</i> 10 :00—12:00 <i>Pick-up Volleyball</i> 1 P.M.—3 P.M. <i>Tabor Rep On-site</i></p>	<p>5</p>
<p>6</p> 	<p>7 10 A.M.—3 P..M. <i>Open Rec</i> 10:00—11:30 <i>LMA Consulting</i> 11:10—11:45 <i>Yoga</i> 2 P.M.—3P.M. <i>CareerLink</i></p>	<p>8</p>	<p>9 10 A.M.—3 P..M. <i>Open Rec</i> 11 A.M.—12 noon <i>Aerobics Class</i> 2:15—2:45 <i>Aqua Fit</i> 2 P.M.—3P.M. <i>CareerLink</i></p>	<p>10</p>	<p>11 10 A.M.—3 P..M. <i>Open Rec</i> 10 :00—12:00 <i>Pick-up Volleyball</i> 1:30 P.M.—3 P.M. <i>Tabor Workshop</i> <i>Good Credit and How to Get it</i></p>	<p>12</p>
<p>13</p> 	<p>14 10 A.M.—3 P..M. <i>Open Rec</i> 11:10—11:45 <i>Yoga</i> 2 P.M.—3P.M. <i>CareerLink</i></p>	<p>15</p>	<p>16 10 A.M.—3 P..M. <i>Open Rec</i> 11 A.M.—12 noon <i>Aerobics Class</i> 2:15—2:45 <i>Aqua Fit</i> 2 P.M.—3P.M. <i>CareerLink</i></p>	<p>17</p>	<p>18 10 A.M.—3 P..M. <i>Open Rec</i> 10 :00—12:00 <i>Pick-up Volleyball</i></p>	<p>19</p>
<p>20</p> 	<p>21 10 A.M.—3 P..M. <i>Open Rec</i> 11:10—11:45 <i>Yoga</i> 2 P.M.—3P.M. <i>CareerLink</i></p>	<p>22</p>	<p>23 10 A.M.—3 P..M. <i>Open Rec</i> 11 A.M.—12 noon <i>Aerobics Class</i> 2:15—2:45 <i>Aqua Fit</i> 2 P.M.—3P.M. <i>CareerLink</i></p>	<p>24</p>	<p>25 Closed</p>	<p>26</p>
<p>27</p>	<p>28 10 A.M.—3 P..M. <i>Open Rec</i> 11:10—11:45 <i>Yoga</i> 2 P.M.—3P.M. <i>CareerLink</i></p>	<p>29</p>	<p>30 10 A.M.—3 P..M. <i>Open Rec</i> 11 A.M.—12 noon <i>Aerobics Class</i> 2:15—2:45 <i>Aqua Fit</i> 2 P.M.—3P.M. <i>CareerLink</i></p>	<p>31</p>		

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Ephrata Recreation Center's Project Work-out January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Closed</i>	2
3  LMA CONSULTING GROUP <i>Aligning people, performance and strategy since 1982.</i> <small>A Division of LMA Systems Group Inc.</small>	4 10 A.M.—3 P..M. <i>Open Rec</i> 11:10—11:45 <i>Yoga</i> 2 P.M.—3P.M. <i>CareerLink</i>	5	6 10 A.M.—3 P..M. <i>Open Rec</i> 11 A.M.—12 noon <i>Aerobics Class</i> 2:15—2:45 <i>Aqua Fit</i> 2 P.M.—3P.M. <i>CareerLink</i>	7	8 10 A.M.—3 P..M. <i>Open Rec</i> 10 P.M.—12 noon <i>Pick-up Volleyball</i> 1 P.M.—3 P.M. <i>Tabor On-site/Workshop</i> <i>When to Save, When to Borrow, When to Buy</i>	9
10 	11 10 A.M.—3 P..M. <i>Open Rec</i> 11:10—11:45 <i>Yoga</i> 2 P.M.—3P.M. <i>CareerLink</i>	12	13 10 A.M.—3 P..M. <i>Open Rec</i> 11 A.M.—12 noon <i>Aerobics Class</i> 2:15—2:45 <i>Aqua Fit</i> 2 P.M.—3P.M. <i>CareerLink</i> 6P.M.—8 P.M. <i>Sen. Brubaker Program</i>	14	15 10 A.M.—3 P..M. <i>Open Rec</i> 10 ;00—12:00 <i>Pick-up Volleyball</i> 1 P.M.—3 P.M. <i>Tabor On-site</i>	16
17	18 10 A.M.—3 P..M. <i>Open Rec</i> 11:10—11:45 <i>Yoga</i> 2 P.M.—3P.M. <i>CareerLink</i>	19	20 10 A.M.—3 P..M. <i>Open Rec</i> 11 A.M.—12 noon <i>Aerobics Class</i> 2:15—2:45 <i>Aqua Fit</i> 2 P.M.—3P.M. <i>CareerLink</i>	21	22 10 A.M.—3 P..M. <i>Open Rec</i> 10 ;00—12:00 <i>Pick-up Volleyball</i> 1 P.M.—3 P.M. <i>Tabor On-site/Workshop</i> <i>Seven Secrets of Successful Budgeting</i>	23
24	25 10 A.M.—3 P..M. <i>Open Rec</i> 11:10—11:45 <i>Yoga</i> 2 P.M.—3P.M. <i>CareerLink</i>	26	27 10 A.M.—3 P..M. <i>Open Rec</i> 11 A.M.—12 noon <i>Aerobics Class</i> 2:15—2:45 <i>Aqua Fit</i> 2 P.M.—3P.M. <i>CareerLink</i>	28	29 10 A.M.—3 P..M. <i>Open Rec</i> 10 ;00—12:00 <i>Pick-up Volleyball</i> 1 P.M.—3 P.M. <i>Tabor On-site</i>	30
31						

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