November-December 2019
BAC 55+
165 N. Parkview Ave.
Office # 614-559-4310
EMERGENCY PHONE NUMBER (614-562-7717)

NOVEMBER LUNCHEON AT BERWICK PARTY HOUSE
Date: Tuesday, November 5, 2019
Time: Noon
Cost: $12.00
Location: Berwick Party House - (3250 Refugee Rd.)
Menu: Full salad bar, Turkey, dressing, mashed potatoes, veggie, dessert
Entertainment: High Street Stompers Dixieland Band was formed in 1987.
We are fortunate to have their trio who will entertain us with all kinds of music, especially OSU music to get us ready for the OSU/MICHIGAN game!

DECEMBER LUNCHEON AT BERWICK PARTY HOUSE
Date: Tuesday, December 3, 2019
Time: Noon
Cost: $12.00
Location: Berwick Party House - (3250 Refugee Rd.)
Menu: Full salad bar, CHOICE of ONE of the following entrees:
1. Stuffed Chicken w/ wild Rice OR 2. Beef Tenderloin (Hopefully!)
You MUST mark the reservation sheet with your choice and ALL of your reservations must be in before November 26th - BEFORE THANKSGIVING.
Our offices will be closed and I cannot take ANY reservations after November 26th.
Entertainment - “Harmony Kids”, directed by Jen Robinson of the Harmony Project will perform for us. You won’t want to miss these sweet voices of children who love to give back to the community through their voices.

JANUARY LUNCHEON AT BERWICK PARTY HOUSE
Date: Tuesday, January 7, 2020
Time: Noon
Cost: $12.00
Location: Berwick Party House - (3250 Refugee Rd.)
Menu: Full salad bar, rolls, homemade Lasagna, dessert, iced tea & coffee
Entertainment: Mayor Ben Kessler and Mike Price (Bexley Recreation Director) will be joining us for our “What’s happening in our City” and Mike will answer your questions regarding the Jeffrey Mansion Expansion. If you weren’t at our last meeting when the Mayor spoke, you really should try to attend this one. Everyone said they learned a lot and found the Mayor quite entertaining!

“50/50 RAFFLE” at our BAC Luncheons!
Besides our Birthday celebrations and our Raffle for attending the luncheon, we thought it would be fun to have a 50/50 raffle. Everyone loves MONEY, right? Well, bring money and you possibly could WIN money as well as decide which charity you would like for us to give the other half of the “pot of gold” to. The more you give, the more you can receive. Be thinking about your favorite charity also!
NOTE: Due to all the upcoming holidays, please fill out and sign the reservation sheet as soon as possible. There are many deadlines that I have to follow. Look at it this way - if you get all of your BAC Events paid for, you can then concentrate on your holiday shopping! **You must find time for yourself during this busy season!**

**REMARKERS - LAST CHANCE TO SIGN UP!!!**

Oct. 30  
(Wed.)

**“Annual Amish Tour”** with a step-on guide you have met before! (ME) Our trip last year was such a success and this one will be similar with **one added surprise stop you will definitely enjoy.** Our goal will be to stop at Guggisberg Cheese, Hershberger’s Farm & Bakery, **“new” lunch stop.** Heini’s Cheese, Walnut Creek cheese, Hillcrest Orchard etc.  
**Time:** Leave Bexley pool at 8:00 am  
**Cost:** $40.00 (Bus fare went up)  
“Adult drinks” & snacks will be available on bus. **Waiting list only!** Plan on a long, but relaxing day. Lunch will be on your own.

Nov. 1  
(Fri.)

4th & last tour (at least in 2019) of the LeVeque Tower! The people who were closed out of the September 19th tour will get to sign up 1st. You must let me know if this date will work with your schedule.  
**Time:** Leave Bexley pool at 10:00 am  
**Cost:** $10.00. Lunch on your own at **“The Keep”** restaurant in the LeVeque Tower.

Nov. 7  
(Thurs.)

**DICKEN’S VICTORIAN VILLAGE & LIGHT SHOW EXPERIENCE!**  
**GOOD NEWS!** We will be taking the 30 passenger bus and it is FULL! **Waiting list only.** Feel free to be put on a waiting list and I will let you know if anyone cancels.  
**Time:** Leave Bexley pool at 8:15 am (prompt). We should be home by 8:30 pm!  
**Cost:** $89.00 includes bus fare, all admissions, step-on-guide, lunch with the Queen and snacks on the bus.

Nov. 12  
(Tues.)

**Thanksgiving Mystery lunch.** Join your BAC friends for lunch to celebrate Thanksgiving. We are so fortunate to have so many friends in BAC.  
**Time:** Leave Bexley pool lot at 10:30 am  
**Cost:** $10.00 (bus) Lunch is on your own.

Nov. 14  
(Thurs.)

**NEW DATE!** **Our annual Snooty Fox consignment shops**  
If you have not been on this trip, you will love it! Come find deals on your winter coats as well as your winter wardrobe at very reasonable prices. We will stop at 4 consignment shops and our lunch will be included. It will be catered by the Montgomery Inn and will be Bar-b-que chicken, salad, shrimp and their wonderful chips! Treats at every stop we make.  
**Time:** Leave Bexley pool at 8:15 am  
**Cost:** $60.00

Nov. 19  
(Tues.)

**The Ohio Presidents - Surprising Legacies at Decorative Arts** Center, Lancaster, Ohio. This exhibit will include items related to the lives of the Presidents and their wives.  
**Time:** Leave Bexley pool at 9:15 am  
**Cost:** $18.00 (Lunch on your own).

**FIRST TRIP IN 2020!**

Jan. 3, 2020  
(Fri.)

**Holiday “SALE” shopping.** I am sure we will go to Baker’s because everyone loves their sale items. Also, Tuttle Mall for lunch and shopping.  
**Time:** Leave Bexley pool at 9:30 am  
**Cost:** $10.00
UPCOMING DATES - NO MONEY DUE, JUST MARK YOUR CALENDARS!!

March ???      Broadway Series, “MY FAIR LADY”  (Date will be in next month)
April 3, 2020  Ballet Dress Rehearsal, “CARMEN”
April ???      Broadway Series, “WICKED”  (Date will be in next month)

EXTENDED TRIPS FOR 2020

CALIFORNIA COASTAL CRUISE - APRIL 23 -MAY 2, 2020
Itinerary Overview includes: Round trip airfare from Columbus, OH to Los Angeles, CA; Transfers in Los Angeles; two nights pre-cruise hotel stay; Los Angeles City Tour; Seven-night cruise aboard the “Royal Princess”; all meals on cruise, entertainment on ship, luggage handling, taxes and gratuities to driver and guides; Pre-paid gratuities to waiters and cabin staff; all port and government taxes; Onboard credit of $50.00 per person; Cruise to San Francisco, Monterey, San Diego, Ensenada, Mexico and back to Los Angeles;
Cost: $2995.00 -$3595.00 (depending on cabin choice)

WONDERS OF THE WEST - MAY 28 - JUNE 5, 2020
Itinerary Overview includes: Fly from Columbus, OH to Rapid City, SD; Deadwood, SD; Cody, WY; Yellowstone National Park; Grand Teton National Park & Jackson WY; Montpelier, ID. Visit the Badlands, Wall Drug, Crazy Horse, Mt. Rushmore, sight-seeing tour of Deadwood. All entry fees to National Parks, monuments etc. are included; 4 dinners, a buffet breakfast daily, travel protection and more.
Cost: $3295.00 (double occupancy); $4279.00 (single occupancy)

HEART OF TEXAS - SEPTEMBER 14-18, 2020
Itinerary Overview includes: Day 1 - Fort Worth; Day 2 - Dallas; Day 3 - Fort Worth and Dallas; Day 4 - Waco; Day 5 - Return Flight. Included features: Roundtrip airfare from Columbus to Dallas; Deluxe motor coach transportation; Breakfast daily, one lunch, 3 dinners; Dallas City tour, George W. Bush Presidential Library, Southfork Ranch, VIP AT&T Stadium tour, Fort Worth Stockyard District, cattle drive, HGTV tour (including Magnolia Markets & Harp Design Co.); Luggage handling, taxes, service charges & gratuities. Cost: $1699.00 (double occupancy); $2059.00 (single occupancy)

ICELAND & NORTHERN LIGHTS HUNT - OCTOBER 17-24, 2020
Pre-Tour to Washington D.C. ~~Monuments and Shore Tour ~~ Viking Trail Tour Breakfast included daily, 5 lunches and 4 dinners ~~Travel Protection will be available. Reykjavik, Iceland (Blue Lagoon, Lava Restaurant, City Tour) Day at Leisure in Reykjavik or Optional Glacier Tour ~~Full day exploring Iceland’s Golden Circle ~~South, (Secret Lagoon)
Cost: $3995.00 (Double occupancy); $4895.00 (single occupancy)
Please let me know if you want me to schedule an informational meeting about any of these trips.

NEW MEMBERS - We are so glad you have joined our BAC 55+ Group. Make sure you attend some of Mary Ellen’s exciting events & trips.
Gloria Higgins/John Foster  Suelin & Thomas Turner
2202 Bryden Rd.  1352 Poppy Hills Drive
Bexley, Ohio  43209  Blacklick, Ohio  43004
614-309-9817  614-432-0055
<table>
<thead>
<tr>
<th>Date</th>
<th>Trip Details</th>
<th>Cost</th>
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<tr>
<td>Nov. 21</td>
<td><strong>Fall Flower-Arrangement Class</strong>&lt;br&gt;Matt Weinstein is an artist who believes that everyone can express themselves through flower-arranging. In this workshop, Matt will teach us how we can make something that is graceful and elegant without any special equipment or rare and costly materials. Seasonal plant materials and tools will be provided; Please bring a small or medium-sized vase that is taller than it is wide. Your arrangement will mean more to you if you choose your vase.</td>
<td>$25.00</td>
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<td>Dec. 2</td>
<td><strong>SHOWTIME 2019 presents Christmas of Yesteryear with Ron Retzer, Jennifer Galownia and Bob Wolfe at Villa Milano</strong>&lt;br&gt;This show will be a heart-warming celebration of old-time Holiday favorites and memorable songs &amp; praise. Ron will also excite us with his mastery of the <strong>ARMONICA</strong>, a unique instrument invented by Ben Franklin.</td>
<td>$57.00</td>
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<td>Dec. 5</td>
<td>Spend the afternoon at <strong>Yellow Springs</strong> (Weather permit) shopping at their unique little shops, early dinner at <strong>Youngs' Dairy</strong>, and of course, the best holiday light show ever at <strong>Clifton Mills</strong>.</td>
<td>$35.00 includes bus &amp; admission to Clifton Mills.</td>
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<td>Dec. 6</td>
<td><strong>Vaud-Villities Holiday Tea &amp; show.</strong> This was a lovely event last year. - “Finding Christmas” with Cabot Rea.</td>
<td>$30.00 includes bus, admission to show, tea, tea sandwiches, cookies and fantastic show featuring Cabot Rea.</td>
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<td>Dec. 9</td>
<td>Annual trip to <strong>Baker's Nursery</strong> - The best personalized holiday ornaments you will ever find! They personalize them while we shop! We will BEGIN with breakfast at Hella’s diner (across the street from Baker's) BEST home-cooked meals! IF we have time after shopping at the beautiful gift shoppe at Baker's, we will make a “new” stop on the way home.</td>
<td>$10</td>
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<td>Dec. 11</td>
<td>Annual holiday trip to <strong>Pine Tree Barn &amp; Smucker’s!</strong> Lunch will be on your own (best French Onion soup ever!) and muffins that are out of this world! Holiday gift shopping for unique gifts and clothes. Next, we will go to Smucker’s which is NOT just jams &amp; jellies. We have been amazed with all the items you can find here.</td>
<td>$25.00</td>
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<td>Dec. 12</td>
<td><strong>Harmony Project</strong> presents “<strong>The Concert For Us</strong>” at Nationwide Arena. Come &amp; share this evening with your BAC Friends. You will leave feeling very inspired by the music they create.</td>
<td>$35.00 (bus &amp; ticket)</td>
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<td>Dec. 13</td>
<td><strong>Card-Making with Linda</strong>. We will be making Winter, Hanukkah, Christmas cards (8 cards total).</td>
<td>$20.00</td>
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<td>Dec. 16</td>
<td><strong>Holiday Flower-Arrangement Class</strong>&lt;br&gt;Matt Weinstein is an artist who believes that everyone can express themselves through flower-arranging. Seasonal plant materials and tools will be provided; Please bring a small or medium-sized vase that is taller than it is wide and your beautiful smile.</td>
<td>$25.00</td>
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BROADWAY SERIES - I need money NOW for January 11th (Jersey Boys) and January 29 (Anastasia)

October 23, 2019 - Mean Girls (Ohio Theater)  
Time: 6:45 pm (Bexley pool)  
Cost: $82.00 (includes bus)

November 20, 2019 - Les Miserables  
(Ohio Theater)  
Time: 6:45 pm  
(Bexley pool)  
Cost: $78.00 (includes bus)

January 11, 2020 - Jersey Boys  
(Palace Theater)  
They were just four guys from Jersey, until they sang their very first note. They had a sound nobody had ever heard… and the radio just couldn’t get enough of. But while their harmonies were perfect on stage, off stage it was a very different story -- a story that has made them an international sensation all over again.  
Time: 1:15 pm (Bexley Pool)  
Cost: $89.00 (includes bus)

January 29, 2020 - Anastasia  
(Ohio Theater)  
This musical draws on the score of the beloved animated film and includes the memorable melodies of Once Upon A December and Journey To The Past.  
Time: 6:45 pm (Bexley pool)  
Cost: $78.00 (Includes bus)

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BALLET MET PRESENTS “THE NUTCRACKER”

Witness magic in the making at The Nutcracker, a beloved holiday tradition that has stood the test of time. Co-created by Gerard Charles and Robert Post, this spellbinding production invites you inside the earnest and imaginative dreams of young Clara as she journeys with her Nutcracker Prince to meet the Sugar Plum Fairy. Set to Tchaikovsky’s extraordinary arrangement, The Nutcracker is an adventure for all who believe in holiday enchantment.  
Date: Sunday, December 15, 2019  
Time: 11:15 am (Bexley pool)  
Cost: $40.00 includes bus and main floor seats
**NOVEMBER**

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<td>BAC lunch at Berwick (NOON)</td>
<td>Euchre Club 1:00 pm (Kensington)</td>
<td>Dickens trip to Cambridge 8:15 am (POOL)</td>
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<td>Mystery lunch 10:30 am (POOL)</td>
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<td>Lancaster trip 9:15 am (POOL)</td>
<td>Les Miserables 6:45 pm (POOL)</td>
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<td>Fall Flower Arrangement Class - 2:00 pm (Mansion)</td>
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**DECEMBER 2019**

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<td>Ron Retzer at Villa Milano 10:15 am (Pool)</td>
<td>BAC lunch at Berwick Noon</td>
<td>Euchre 1:00 pm (Kensington)</td>
<td>Yellow Springs, Youngs Dairy, Clifton Mills 12:30 PM (Pool)</td>
<td>Vaud-Villities at NPAC 11:30 am (Pool)</td>
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<td>Hella’s diner &amp; Baker’s Nursery 9:00 am (pool)</td>
<td>Pine Tree Barn &amp; Smucker’s 9:00 am (Pool)</td>
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<td>Harmony Project at Nationwide Arena 6:00 pm (Pool)</td>
<td>Card-Making w/ Linda Kopp 1:00 pm (Mansion)</td>
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<td>Ballet Met, “The Nutcracker” 11:15 am (Pool)</td>
<td>Flower-Arrangement Class 2:00 pm (Mansion)</td>
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<td>Jan. 3 Sale shopping 9:30 am (pool)</td>
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DECEMBER - JANUARY (2020)
SILVERSNEAKERS FLEX CLASSES FOR 55+ AND ALL WHO WANT TO GET MOVING!

Instructor: Liz Wypasek  Email: Liz@SilverStrongCoaching.com  Phone: 614-314-9082

Liz is passionate about fitness, especially for the 55+ group. She is a Personal Fitness Coach, Group Fitness Coach, Certified Nutrition Coach & Silver Sneakers FLEX Instructor and is a 30+ year Bexley Resident. Feel free to call Liz to talk about fitness!

***UNDER CONSTRUCTION...COMING NEXT YEAR!
We are creating a NEW SilverSneakers Fitness & Nutrition Class - Eat Healthy, Stay Fit, & Live Well over 50! ****

WINTER SESSION - SilverSneakers FLEX® STRENGTH & BALANCE
Dates: Dec. 3 - Jan. 21, 2020  TUESDAY CLASSES  Time: 12:30 -1:30 pm
Dates: Dec. 6 - Jan. 24, 2019  FRIDAY CLASSES  Time: 12:30 -1:30 pm
Cost: $3.00 per class  ***Silver Sneaker members are FREE! Mary Ellen or Liz can add you as SilverSneakers!
Strength and balance is important in everyday life and this class will help you improve your ability to feel strong and stable. Strength exercises may include lifting hand-held weights, stretching resistance tubing and using your own body’s resistance while also using your core muscles to improve balance & stability.

WINTER SESSION - SilverSneakers FLEX BOOM MOVE ™
Dates: Dec. 4 - Jan. 22, 2020  WEDNESDAY CLASSES  NEW CLASS TIME: 1:00 –1:45 pm
Cost: $3.00 per class  ***SilverSneakers members are FREE! Mary Ellen or Liz can add you as SilverSneakers!
BOOM is a revolutionary new fitness series designed for Baby Boomers and active Older Adults. BOOM MOVE is a higher intensity dance workout class that improves cardio endurance and burns calories. This class is specially designed to help you gain energy. Remember, it’s not just for girls! MOVE it or lose it!

WINTER SESSION - SilverSneakers FLEX CIRCUIT/INTERVAL TRAINING
Dates: Dec. 4 - Jan. 22, 2020  WEDNESDAY CLASSES  Class Time: 2:00-3:00 pm
Dates: Dec. 6 - Jan. 24, 2020  FRIDAY CLASSES  Class Time: 2:00-3:00 pm
Cost: $3.00 per class  ***SilverSneakers members are FREE! Mary Ellen or Liz can add you as SilverSneakers!
NEW! CIRCUIT/INTERVAL TRAINING is an interval type of physical training that involves medium/high intensity exercise alternated with rest periods and is highly effective in conditioning the cardiovascular system while increasing muscle strength. These types of workouts can include a mix of cardio exercises with resistance training. Modifications given for each participant as needed.

WINTER SESSION - SilverSneakers FLEX STABILITY
Dates: Dec. 5 - Jan. 23/2020  THURSDAY CLASSES  CLASS TIME: 12:30-1:30 pm
Cost: $3.00 per class  ***SilverSneakers members are FREE! Mary Ellen or Liz can add you as SilverSneakers!
NEW! STABILITY is a group exercise class designed specifically to keep participants “safe on their feet”. Understanding the primary risk factors associated with falling and knowing what exercises will be beneficial in decreasing the risk for a fall provides substantial knowledge and practical work for class members to increase function and long-term independence. This is a skills & drills class and we will have fun and get fit together!

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<th>STRENGTH &amp; BALANCE</th>
<th>BOOM MOVE</th>
<th>CIRCUIT/INTERVAL TRAINING</th>
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<th>STABILITY</th>
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REMINDERS

Nov. 1  4th LeVeque Tower tour  - TIME: 10:00 am (Bexley pool)  COST: $10.00
Nov. 5  BAC luncheon at Berwick Party House - TIME: Noon  COST: $12.00
Nov. 7  Dickens Victorian Village - TIME: 8:15 am (Bexley pool)  COST: $89.00
Nov. 12  Thanksgiving Mystery lunch  - TIME: 10:30 am (pool)  COST: $10.00 (bus)
Nov. 14  Annual Snooty Fox Trip  - TIME: 8:15 am (Bexley pool)  COST: $18.00
Nov. 19  The Ohio Presidents Exhibit - TIME: 9:15 am (Bexley pool)  COST: $8.00
Nov. 20  “Les Miserables” Show - TIME: 6:45 pm (Bexley pool)  COST: $78.00

NEW TRIPS & EVENTS

Nov. 21  Fall flower arranging class  - TIME: 2:00 pm (Jeffrey Mansion)  COST: $25
Dec. 2  SHOWTIME at Villa Milano - TIME: 10:15 am (Bexley pool)  COST: $57.00
Dec. 3  December luncheon at Berwick - TIME: Noon  COST: $12.00
Dec. 5  Yellow Springs/Clifton Mills - TIME: 12:30 pm (Bexley pool)  COST: $35.00
Dec. 6  Vaud-Villettes tea & show - TIME: 11:30 am (Bexley pool)  COST: $30.00
Dec. 9  Baker’s Nursery & Hella’s diner - TIME: 9:00 am (Bexley pool)  COST: $10
Dec. 11  Pine Tree Barn & Smuckers - TIME: 9:00 am (Bexley pool)  COST: $25.00
Dec. 12  Harmony Project Concert - TIME: 6:00 pm (Bexley pool)  COST: $35.00
Dec. 13  Card-Making with Linda Kopp - TIME: 1:00 pm (Mansion)  COST: $20.00
Dec. 15  "Nutcracker" Ballet - TIME: 11:15 am (Bexley pool)  COST: $40.00
Dec. 16  Holiday flower arranging - TIME: 2:00 pm (Jeffrey Mansion)  COST: $25
Jan. 3  Holiday “SALE” shopping - TIME: 9:30 am (Bexley pool)  COST: $10.00
Jan. 7  BAC Luncheon at Berwick - TIME: Noon  COST: $12.00
Jan. 11  "Jersey Boys" @ Palace Theater - TIME: 1:15 pm (Bexley pool)  COST: $89
Jan. 23  January mystery lunch - TIME: 10:30 am (Bexley pool)  COST: $10.00
Jan. 29  "Anastasia" @ Ohio Theater - TIME: 6:45 pm (Bexley pool)  COST: $78.00

Silver Sneakers Strength & Balance - Tuesdays - 12:30 pm – 1:30 pm (6 classes)
   ____12/3; ____12/10; ____12/17; ____1/7; ____1/14; ____1/21

SilverSneakers BOOM - Wednesdays - 1:00 - 1:45 pm (6 classes)
   ____12/4; ____12/11; ____12/18;  ____1/8; ____1/15; ____1/22

Silver Sneakers Strength & Balance - Fridays - 12:30 pm – 1:30 pm (6 classes)
   ____12/6; ____12/13; ____12/20; ____1/10; ____1/17; ____1/24

Circuit/Interval Training - Wednesdays - 2:00 - 3:00 pm (6 classes)
   ____12/4; ____12/11; ____12/18; ____1/8; ____1/15; ____1/22

Stability - Thursdays - 12:30 - 1:30 pm (6 Classes)
   ____12/5; ____12/12; ____12/19; ____1/9; ____1/16; ____1/23

Circuit Interval Training - Fridays – 2:00 - 3:00 pm (6 classes)
   ____12/6; ____12/12; ____12/20; ____1/10; ____1/17; ____1/24

Phone # (Required) __________________ Signature __________________

Email ___________________ Birthdate__________

Bexley Activities Club
165 North Parkview Ave.
Bexley, Ohio 43209