



February Health and Fitness



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| <p>2</p> <p>8:30a Easy Pace (Renee) 10:00a Adv. Line Dancing (Renee) 11:00a Active Aging Strength (Maryann) 12:15p Balance & Strength* (Sandra) 1:30p Balance & Strength* (Sandra) 4:00p Yoga (Tania) 5:30p Beginning from Scratch Clogging 6:30p Clogging (Lorraine)</p> | <p>3</p> <p>9:30a Zumba Gold (Adaia) 10:30a DrumFit (Diana) 1:00p Beg. Line Dancing (Dottie) 2:30p Pilates (Meleah) 3:45p Active Aging Strength (Maryann) 5:30p Zumba (Sandra)</p> | <p>4</p> <p>9:00a Zumba Gold Toning (Adaia) 10:00a Active Aging Strength (Sissy) 11:15a Balance & Strength* (Sandra) 12:30p Balance & Strength* (Sandra) 2:30p Int. Line Dancing (Dottie) 3:45p Mindful Flow & Core (Diana)</p> | <p>5</p> <p>8:30a Easy Pace (Renee) 9:30a Zumba Gold (Adaia) 10:45a Chair Yoga (Sandra) 12:00p Balance & Strength* (Sandra) 2:30p Pilates (Meleah) 4:00p Restorative Yoga (Myrna) 5:30p Zumba (Sandra)</p> | <p>6</p> <p>8:15a Self-Defense (Diana) 9:30a Posture Strength (MaryAnn) 11:00a Balance & Strength* (Sandra) 12:15p Balance & Strength* (Sandra)</p> |
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| | <p>Be my valentine</p> | | <p>LOVE</p> | |