

Health & Wellness

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength*	4 9:30am Line Dancing 10:30am Ballet Barre 5:30pm Zumba	5 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 4:00pm Line Dancing 5:00pm Yoga	6 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	7 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
10 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength*	11 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	12 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 4:00pm Line Dancing 5:00pm Yoga	13 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	14 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
17 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength*	18 9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Balance & Strength* 5:30pm Zumba	19 8:30am Zumba Toning 10:00am Active Aging Strength 4:00pm Line Dancing 5:00pm Yoga	20 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Balance & Strength* 5:30pm Zumba	21 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
24 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength*	25 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	26 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 4:00pm Line Dancing 5:00pm Yoga	27 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	28 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
31 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength*				