
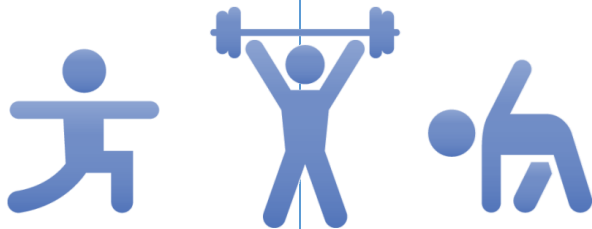



Health & Wellness

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
	9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Zumba Gold Seated 5:30pm Zumba	8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
9	10	11	12	13
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Zumba Gold Seated 5:30pm Zumba	8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
16	17	18	19	20
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Zumba Gold Seated 5:30pm Zumba	8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 2:30pm Beginning Line Dancing 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
23	24	25	26	27
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Zumba Gold Seated 5:30pm Zumba	8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 2:30pm Beginning Line Dancing 4:00pm Restorative Yoga 5:30pm Zumba	9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
30	31			
8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Zumba Gold Seated 5:30pm Zumba			