

# January Health and Fitness

Monday	Tuesday	Wednesday	Thursday	Friday
		CENTER CLOSED		
		1	2	3
		CENTER CLOSED	<b>8:30am Easy Pace</b> (Renee) <b>9:30am Zumba Gold</b> (Adaia) <b>10:30am Pilates</b> (Meleah) <b>11:30am Chair Yoga</b> (Sandra) <b>1:00pm Balance &amp; Strength*</b> (Sandra) <b>4:00pm Restorative Yoga</b> (Myrna) <b>5:30pm Zumba</b> (Sandra)	<b>9:30am Posture Strength</b> (MaryAnn) <b>11:00am Balance &amp; Strength*</b> (Sandra) <b>12:15pm Balance &amp; Strength*</b> (Sandra)
6	7	8	9	10
<b>8:30am Easy Pace</b> (Renee) <b>10:00am Line Dancing</b> (Renee) <b>11:00am Active Aging Strength</b> (MaryAnn) <b>12:15pm Balance &amp; Strength*</b> (Sandra) <b>1:30pm Balance &amp; Strength*</b> (Sandra) <b>4:00pm Yoga</b> (Tania) <b>5:30pm Clogging</b> (Lorraine)	<b>8:30am DrumFit</b> (Diana) <b>9:30am Zumba Gold</b> (Adaia) <b>10:30am Pilates</b> (Meleah) <b>1:00pm Begin Line Dancing</b> (Dottie) <b>5:30pm Zumba</b> (Sandra)	<b>9:00am Zumba Gold Toning</b> (Adaia) <b>10:00am Active Aging Strength</b> (Sissy) <b>11:15am Balance &amp; Strength*</b> (Sandra) <b>12:30pm Balance &amp; Strength*</b> (Sandra) <b>2:30pm Line Dancing</b> (Dottie) <b>3:45pm Mindful Flow &amp; Core</b> (Diana)	<b>8:30am Easy Pace</b> (Renee) <b>9:30am Zumba Gold</b> (Adaia) <b>10:30am Pilates</b> (Meleah) <b>11:30am Chair Yoga</b> (Sandra) <b>1:00pm Balance &amp; Strength*</b> (Sandra) <b>4:00pm Restorative Yoga</b> (Myrna) <b>5:30pm Zumba</b> (Sandra)	<b>9:30am Posture Strength</b> (MaryAnn) <b>11:00am Balance &amp; Strength*</b> (Sandra) <b>12:15pm Balance &amp; Strength*</b> (Sandra)
13	14	15	16	17
<b>8:30am Easy Pace</b> (Renee) <b>10:00am Line Dancing</b> (Renee) <b>11:00am Active Aging Strength</b> (MaryAnn) <b>12:15pm Balance &amp; Strength*</b> (Sandra) <b>1:30pm Balance &amp; Strength*</b> (Sandra) <b>4:00pm Yoga</b> (Tania) <b>5:30pm Clogging</b> (Lorraine)	<b>8:30am DrumFit</b> (Diana) <b>9:30am Zumba Gold</b> (Adaia) <b>10:30am Pilates</b> (Meleah) <b>1:00pm Begin Line Dancing</b> (Dottie) <b>5:30pm Zumba</b> (Sandra)	<b>9:00am Zumba Gold Toning</b> (Adaia) <b>10:00am Active Aging Strength</b> (Sissy) <b>11:15am Balance &amp; Strength*</b> (Sandra) <b>12:30pm Balance &amp; Strength*</b> (Sandra) <b>2:30pm Line Dancing</b> (Dottie) <b>3:45pm Mindful Flow &amp; Core</b> (Diana)	<b>8:30am Easy Pace</b> (Renee) <b>9:30am Zumba Gold</b> (Adaia) <b>10:30am Pilates</b> (Meleah) <b>11:30am Chair Yoga</b> (Sandra) <b>1:00pm Balance &amp; Strength*</b> (Sandra) <b>4:00pm Restorative Yoga</b> (Myrna) <b>5:30pm Zumba</b> (Sandra)	<b>9:30am Posture Strength</b> (MaryAnn) <b>11:00am Balance &amp; Strength*</b> (Sandra) <b>12:15pm Balance &amp; Strength*</b> (Sandra)
20	21	22	23	24
<b>8:30am Easy Pace</b> (Renee) <b>10:00am Line Dancing</b> (Renee) <b>11:00am Active Aging Strength</b> (MaryAnn) <b>12:15pm Balance &amp; Strength*</b> (Sandra) <b>1:30pm Balance &amp; Strength*</b> (Sandra) <b>4:00pm Yoga</b> (Tania) <b>5:30pm Clogging</b> (Lorraine)	<b>8:30am DrumFit</b> (Diana) <b>9:30am Zumba Gold</b> (Adaia) <b>10:30am Pilates</b> (Meleah) <b>1:00pm Begin Line Dancing</b> (Dottie) <b>5:30pm Zumba</b> (Sandra)	<b>9:00am Zumba Gold Toning</b> (Adaia) <b>10:00am Active Aging Strength</b> (Sissy) <b>11:15am Balance &amp; Strength*</b> (Sandra) <b>12:30pm Balance &amp; Strength*</b> (Sandra) <b>2:30pm Line Dancing</b> (Dottie) <b>3:45pm Mindful Flow &amp; Core</b> (Diana)	<b>8:30am Easy Pace</b> (Renee) <b>9:30am Zumba Gold</b> (Adaia) <b>10:30am Pilates</b> (Meleah) <b>11:30am Chair Yoga</b> (Sandra) <b>1:00pm Balance &amp; Strength*</b> (Sandra) <b>4:00pm Restorative Yoga</b> (Myrna) <b>5:30pm Zumba</b> (Sandra)	<b>9:30am Posture Strength</b> (MaryAnn) <b>11:00am Balance &amp; Strength*</b> (Sandra) <b>12:15pm Balance &amp; Strength*</b> (Sandra)
27	28	29	30	31
<b>8:30am Easy Pace</b> (Renee) <b>10:00am Line Dancing</b> (Renee) <b>11:00am Active Aging Strength</b> (MaryAnn) <b>12:15pm Balance &amp; Strength*</b> (Sandra) <b>1:30pm Balance &amp; Strength*</b> (Sandra) <b>4:00pm Yoga</b> (Tania) <b>5:30pm Clogging</b> (Lorraine)	<b>8:30am DrumFit</b> (Diana) <b>9:30am Zumba Gold</b> (Adaia) <b>10:30am Pilates</b> (Meleah) <b>1:00pm Begin Line Dancing</b> (Dottie) <b>5:30pm Zumba</b> (Sandra)	<b>9:00am Zumba Gold Toning</b> (Adaia) <b>10:00am Active Aging Strength</b> (Sissy) <b>11:15am Balance &amp; Strength*</b> (Sandra) <b>12:30pm Balance &amp; Strength*</b> (Sandra) <b>2:30pm Line Dancing</b> (Dottie) <b>3:45pm Mindful Flow &amp; Core</b> (Diana)	<b>8:30am Easy Pace</b> (Renee) <b>9:30am Zumba Gold</b> (Adaia) <b>10:30am Pilates</b> (Meleah) <b>11:30am Chair Yoga</b> (Sandra) <b>1:00pm Balance &amp; Strength*</b> (Sandra) <b>4:00pm Restorative Yoga</b> (Myrna) <b>5:30pm Zumba</b> (Sandra)	<b>9:30am Posture Strength</b> (MaryAnn) <b>11:00am Balance &amp; Strength*</b> (Sandra) <b>12:15pm Balance &amp; Strength*</b> (Sandra)