



# January Health and Fitness



| Monday                                                                                                                                                                                                                                 | Tuesday                                                                                                                                             | Wednesday                                                                                                                                                                                                                       | Thursday                                                                                                                                                                                                           | Friday                                                                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                        |                                                                    |                                                                                                                                               | CENTER CLOSED                                                                                                                                                                                                      |                                                                    |
| 5<br>8:30a Easy Pace (Renee)<br>10:00a Line Dancing (Renee)<br>11:00a Active Aging Strength (Maryann)<br>12:15p Balance & Strength* (Sandra)<br>1:30p Balance & Strength* (Sandra)<br>4:00p Yoga (Tania)<br>5:30p Clogging (Lorraine)  | 6<br>9:30a Zumba Gold (Adaia)<br>10:30a DrumFit (Diana)<br>1:00p Beginning Line Dancing (Dottie)<br>2:30p Pilates (Meleah)<br>5:30p Zumba (Sandra)  | 7<br>9:00a Zumba Gold Toning (Adaia)<br>10:00a Active Aging Strength (Sissy)<br>11:15a Balance & Strength* (Sandra)<br>12:30p Balance & Strength* (Sandra)<br>2:30p Line Dancing (Dottie)<br>3:45p Mindful Flow & Core (Diana)  | 8<br>8:30a Easy Pace (Renee)<br>9:30a Zumba Gold (Adaia)<br>10:45a Chair Yoga (Sandra)<br>12:00p Balance & Strength* (Sandra)<br>2:30p Pilates (Meleah)<br>4:00p Restorative Yoga (Myrna)<br>5:30p Zumba (Sandra)  | 9<br>8:15a Self-Defense (Diana)<br>9:30a Posture Strength (MaryAnn)<br>11:00a Balance & Strength* (Sandra)<br>12:15p Balance & Strength* (Sandra)  |
| 12<br>8:30a Easy Pace (Renee)<br>10:00a Line Dancing (Renee)<br>11:00a Active Aging Strength (Maryann)<br>12:15p Balance & Strength* (Sandra)<br>1:30p Balance & Strength* (Sandra)<br>4:00p Yoga (Tania)<br>5:30p Clogging (Lorraine) | 13<br>9:30a Zumba Gold (Adaia)<br>10:30a DrumFit (Diana)<br>1:00p Beginning Line Dancing (Dottie)<br>2:30p Pilates (Meleah)<br>5:30p Zumba (Sandra) | 14<br>9:00a Zumba Gold Toning (Adaia)<br>10:00a Active Aging Strength (Sissy)<br>11:15a Balance & Strength* (Sandra)<br>12:30p Balance & Strength* (Sandra)<br>2:30p Line Dancing (Dottie)<br>3:45p Mindful Flow & Core (Diana) | 15<br>8:30a Easy Pace (Renee)<br>9:30a Zumba Gold (Adaia)<br>10:45a Chair Yoga (Sandra)<br>12:00p Balance & Strength* (Sandra)<br>2:30p Pilates (Meleah)<br>4:00p Restorative Yoga (Myrna)<br>5:30p Zumba (Sandra) | 16<br>8:15a Self-Defense (Diana)<br>9:30a Posture Strength (MaryAnn)<br>11:00a Balance & Strength* (Sandra)<br>12:15p Balance & Strength* (Sandra) |
| 19<br>8:30a Easy Pace (Renee)<br>10:00a Line Dancing (Renee)<br>11:00a Active Aging Strength (Maryann)<br>12:15p Balance & Strength* (Sandra)<br>1:30p Balance & Strength* (Sandra)<br>4:00p Yoga (Tania)<br>5:30p Clogging (Lorraine) | 20<br>9:30a Zumba Gold (Adaia)<br>10:30a DrumFit (Diana)<br>1:00p Beginning Line Dancing (Dottie)<br>2:30p Pilates (Meleah)<br>5:30p Zumba (Sandra) | 21<br>9:00a Zumba Gold Toning (Adaia)<br>10:00a Active Aging Strength (Sissy)<br>11:15a Balance & Strength* (Sandra)<br>12:30p Balance & Strength* (Sandra)<br>2:30p Line Dancing (Dottie)<br>3:45p Mindful Flow & Core (Diana) | 22<br>8:30a Easy Pace (Renee)<br>9:30a Zumba Gold (Adaia)<br>10:45a Chair Yoga (Sandra)<br>12:00p Balance & Strength* (Sandra)<br>2:30p Pilates (Meleah)<br>4:00p Restorative Yoga (Myrna)<br>5:30p Zumba (Sandra) | 23<br>8:15a Self-Defense (Diana)<br>9:30a Posture Strength (MaryAnn)<br>11:00a Balance & Strength* (Sandra)<br>12:15p Balance & Strength* (Sandra) |
| 26<br>8:30a Easy Pace (Renee)<br>10:00a Line Dancing (Renee)<br>11:00a Active Aging Strength (Maryann)<br>12:15p Balance & Strength* (Sandra)<br>1:30p Balance & Strength* (Sandra)<br>4:00p Yoga (Tania)<br>5:30p Clogging (Lorraine) | 27<br>9:30a Zumba Gold (Adaia)<br>10:30a DrumFit (Diana)<br>1:00p Beginning Line Dancing (Dottie)<br>2:30p Pilates (Meleah)<br>5:30p Zumba (Sandra) | 28<br>9:00a Zumba Gold Toning (Adaia)<br>10:00a Active Aging Strength (Sissy)<br>11:15a Balance & Strength* (Sandra)<br>12:30p Balance & Strength* (Sandra)<br>2:30p Line Dancing (Dottie)<br>3:45p Mindful Flow & Core (Diana) | 29<br>8:30a Easy Pace (Renee)<br>9:30a Zumba Gold (Adaia)<br>10:45a Chair Yoga (Sandra)<br>12:00p Balance & Strength* (Sandra)<br>2:30p Pilates (Meleah)<br>4:00p Restorative Yoga (Myrna)<br>5:30p Zumba (Sandra) | 30<br>8:15a Self-Defense (Diana)<br>9:30a Posture Strength (MaryAnn)<br>11:00a Balance & Strength* (Sandra)<br>12:15p Balance & Strength* (Sandra) |



**Gym Hours:** Mon-Thurs: 8:00am-6:00pm, Friday: 8:00am-3:00pm

**\*Class is free for all BSBAC Members**