


\*\*\* JANUARY - 2018 \*\*\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 	<b>2</b> 9:30-10:20 (Toni) <b>SENIOR'S YOGA</b>	<b>3</b> 9:30-10:25am (Stacey) <b>Senior Strength PLUS!</b> 10:45-11:40am (Angi) <b>SilverSneakers Classic</b> 6:30-7:30 pm (Toni) <b>YOGA</b>	<b>4</b> <b>BETTER BALANCE</b> 10 - 10:30 (LISA) <b>CARDIO DANCE</b> 10:40 - 11:40 (Lisa)	<b>5</b> 9:30-10:25am(Toni) <b>Senior Strength &amp; Cond.</b> 10:45-11:40am (Toni) <b>SilverSneakers Classic</b>	<b>6</b> <b>H I I T</b> <b>BOOT CAMP</b> 10:00 (ANGI) <i>Fitness Center</i>
<b>7</b>	<b>8</b> 9:30-10:25am (Angi) <b>Senior Strength &amp; Cond.</b> 10:45-11:40am (Lisa) <b>SilverSneakers Classic</b> <b>5:30 - 6:30 (Stacey)</b> <b>H I I T : Cardio/Sculpt</b>	<b>9</b> 9:30-10:20 (Toni) <b>SENIOR'S YOGA</b> <b>5:30 - 6:15 (Stacey)</b> <b>TABATA + CORE!!!</b>	<b>10</b> 9:30-10:25am (Stacey) <b>Senior Strength PLUS!</b> 10:45-11:40am (Angi) <b>SilverSneakers Classic</b> <b>5:30 - 6:30: (HEATHER)</b> <b>STRONG By: Zumba</b>	<b>11</b> <b>BETTER BALANCE</b> 10 - 10:30 (LISA) <b>CARDIO DANCE</b> 10:40 - 11:40 (Lisa)	<b>12</b> 9:30-10:25am(Toni) <b>Senior Strength &amp; Cond.</b> 10:45-11:40am (Toni) <b>SilverSneakers Classic</b>	<b>13</b> <b>CARDIO</b> <b>DANCE</b> 10:00 (Lisa) <b>GRP FITNESS RM</b>
<b>14</b>	<b>15</b> 9:30-10:25am (Angi) <b>Senior Strength &amp; Cond.</b> 10:45-11:40am (Angi) <b>SilverSneakers Classic</b> <b>5:30 - 6:30 (Stacey)</b> <b>H I I T : Cardio/Sculpt</b>	<b>16</b> 9:30-10:20 (Toni) <b>SENIOR'S YOGA</b> <b>5:30 - 6:15 (Stacey)</b> <b>TABATA + CORE!!!</b>	<b>17</b> 9:30-10:25am (Stacey) <b>Senior Strength PLUS.</b> 10:45-11:40am (Angi) <b>SilverSneakers Classic</b> 6:30-7:30 pm (Toni) <b>YOGA</b>	<b>18</b> <b>BETTER BALANCE</b> 10 - 10:30 (LISA) <b>CARDIO DANCE</b> 10:40 - 11:40 (Lisa)	<b>19</b> 9:30-10:25am(Toni) <b>Senior Strength &amp; Cond.</b> 10:45-11:40am (Toni) <b>SilverSneakers Classic</b>	<b>20</b> <b>Kettlebell</b> <b>BOOT CAMP</b> 10:00 (Lisa) <i>Fitness Center</i>
<b>21</b>	<b>22</b> 9:30 - 10:25 (Angi) <b>Senior Strength &amp; Cond.</b> 10:45-11:40am (Lisa) <b>SilverSneakers Classic</b> 6:30 - 7:30 (Jeannine) <b>STRONG By: Zumba</b>	<b>23</b> 9:30-10:20 (Toni) <b>SENIOR'S YOGA</b>	<b>24</b> 9:30-10:25am (Stacey) <b>Senior Strength PLUS.</b> 10:45-11:40am (Angi) <b>SilverSneakers Classic</b> <b>5:30 - 6:30: (HEATHER)</b> <b>STRONG By: Zumba</b>	<b>25</b> <b>BETTER BALANCE</b> 10 - 10:30 <b>CARDIO DANCE</b> 10:40 - 11:40 (Lisa)	<b>26</b> 9:30-10:25am(Toni) <b>Senior Strength &amp; Cond.</b> 10:45-11:40am (Toni) <b>SilverSneakers Classic</b>	<b>27</b> <b>STRONG By:</b> <b>Zumba</b> 10:00 (HEATHER) <b>GRP FITNESS ROOM</b>
<b>28</b>	<b>29</b> 9:30 - 10:25 (Angi) <b>Senior Strength &amp; Cond.</b> 10:45 - 11:40 (Angi) <b>SilverSneakers Classic</b> 6:30 - 7:30 pm (Jeannine) <b>STRONG By: Zumba</b>	<b>30</b> 9:30-10:20 (Toni) <b>SENIOR'S YOGA</b>	<b>31</b> 9:30-10:25am (Stacey) <b>Senior Strength PLUS.</b> 10:45-11:40am (Angi) <b>SilverSneakers Classic</b> 6:30-7:30 (Toni) <b>YOGA</b>	