



# GROUP FITNESS

## SPORTS OF ALL SORTS



### JANUARY ~ 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 9:00-9:30 <b>SENIOR STRENGTH PLUS</b> 9:35 - 10:15 Senior-FIT 10:30-11:15 Silver Sneaker's Classic	5 9:00 - 9:40 Silver Sneaker's YOGA	6 9:30 - 10:20 Senior-FIT	7	8 9:00-9:30 <b>SENIOR STRENGTH PLUS</b> 9:35-10:15 Senior-FIT 10:30 - 11:15 Silver Sneakers Classic	
10 	11 9:00-9:30 <b>SENIOR STRENGTH PLUS</b> 9:35 - 10:15 (Angi) Senior Strength + 10:30-11:15 (Angi) Silver Sneaker's Classic	12 9:00 - 9:40 Silver Sneaker's YOGA	13 9:30 - 10:20 Senior-FIT	14	15 9:00-9:30 <b>SENIOR STRENGTH PLUS</b> 9:35 - 10:15 Senior-FIT 10:30-11:15 Silver Sneaker's Classic	16
17	18 9:00-9:30 <b>SENIOR STRENGTH PLUS</b> 9:35 - 10:15 (Angi) Senior Strength + 10:30-11:15 (Angi) Silver Sneaker's Classic	19 9:00 - 9:40 Silver Sneaker's YOGA	20 9:30 - 10:20 Senior-FIT	21	22 9:00-9:30 <b>SENIOR STRENGTH PLUS</b> 9:35 - 10:15 Senior-FIT 10:30-11:15 Silver Sneaker's Classic	23
24	25 9:00-9:30 <b>SENIOR STRENGTH PLUS</b> 9:35- 10:15 (Angi) Senior Strength + 10:30-11:15 (Angi) Silver Sneaker's Classic	26 9:00 - 9:40 Silver Sneaker's YOGA	27 9:30 - 10:20 Senior-FIT	28	29 9:00-9:30 <b>SENIOR STRENGTH PLUS</b> 9:35 - 10:15 Senior-FIT 10:30-11:15 Silver Sneaker's Classic	30