

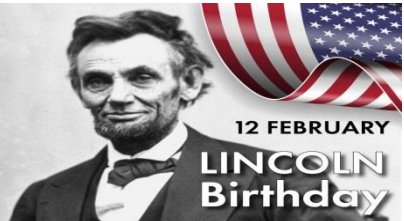


February 2019 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Don't get locked out of your favorite fitness classes... CHECK YOUR CLASS LIST FOR THE SIGN UP DEADLINES</p>		<p>JOIN A CLASS! MUST HAVE MEDICALS ON FILE BEFORE ENROLLING UPDATE EVERY TWO YEARS</p>	<p>8:30-4:15 PING PONG 9:15 VIDEO FITNESS 10:15 VIDEO FITNESS 11:30 BADMINTON</p> 
<p>4</p> <p>9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 PHC LECTURE- REGENERATIVE MEDICINE 12:30 BODY GYM 1:30 – 4:15 PING PONG 1:45 \$ B.E.S.T</p>	<p>5</p> <p>8:30–4:30 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 11:45–4:15 BADMINTON</p> 	<p>6</p> <p>8:30–4:15 PING PONG 9:15 VIDEO FITNESS 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p>	<p>7</p> <p>8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 1:45 \$ GET FIT</p> 	<p>8</p> <p>8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 BADMINTON</p>
<p>11</p> <p>8:30 – 4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 10:00-12:00–PERSONAL TRAINING 11:15 \$ SITTERSIZE 12:30 BODY GYM 1:45 \$ B.E.S.T</p> 	<p>Senior Center Closed 12</p> 	<p>13</p> <p>8:30–4:15 PING PONG 9:15 VIDEO FITNESS 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p> 	<p>14</p> <p>8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 1:45 \$ GET FIT</p>	<p>15</p> <p>8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERCISE 12:30 BADMINTON</p> 
<p>Senior Center Closed 18</p> 	<p>19</p> <p>8:30–4:30 PING PONG 9:15 \$ PILATES 10:00–12:00-FREE BLOOD PRESSURE 10:30 \$ CHAIR YOGA 11:45–4:15 BADMINTON</p> 	<p>Live Fitness 20</p> <p>8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERCISE 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p>	<p>21</p> <p>8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 1:45 \$ GET FIT</p> 	<p>22</p> <p>8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERCISE 12:30 BADMINTON</p> 
<p>25</p> <p>8:30 – 4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 11:30-1:30–PERSONAL TRAINING 12:30 BODY GYM 1:45 \$ B.E.S.T</p>	<p>26</p> <p>8:30–4:30 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 11:45–4:15 BADMINTON</p>	<p>27</p> <p>8:30–4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NOW & ZEN, NEW SESSION 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON</p> 	<p>28</p> <p>8:30 – 4:15 PING PONG 9:15 \$ NO TAI CHI 10:30 \$ YOGA 1:45 \$ GET FIT</p>	<p>Gym Open Daily 8:30am – 4:15pm MUST HAVE MEDICALS UPDATED EVERY 2 YEARS MEDICALS MUST BE ON FILE AND BEEN TRAINED BEFORE USING GYM</p>

DEADLINE

MUST:

- * HAVE MEDICALS ON FILE
- * WEAR PROPER ATTIRE
- * HAVE BEEN TRAINED

