



# FEBRUARY 2017 – Wellness Center

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|--|---|--|--|
|  <p><b>FEBRUARY</b></p>  |  | <p><b>1</b></p> <p>8:30 – 4:15 – GYM OPEN<br/>             8:30 – 4:15 – PING PONG<br/>             9:15 – VIDEO FITNESS<br/>             10:15 – VIDEO FITNESS<br/>             12:30 – \$ SCULPTING WITH WEIGHTS<br/>             2:00 – 4:15 – BADMINTON</p>   | <p><b>2</b></p> <p>8:30 – 4:15 – GYM OPEN<br/>             8:30 – 4:15 – PING PONG<br/>             9:15 – \$ TAI CHI<br/>             1:45 – \$ GET FIT WITH LIZ</p>  | <p><b>3</b></p> <p>8:30 – 4:15 GYM OPEN<br/>             8:30 – 4:15 PING PONG<br/>             9:15 – \$ ADVANCED FITNESS<br/>             10:15 – \$ INTER/BEG FITNESS<br/>             11:15 – \$ SITTERSIZE<br/>             1:15 – \$ ZUMBA<br/>             2:30 – 4:15 – OPEN BALLROOM DANCE</p>  |
| <p><b>6</b></p> <p>8:30 – 4:15 – GYM OPEN<br/>             8:30 – 11:30 – PING PONG<br/>             9:15 – \$ ADVANCED FITNESS<br/> <b>10:00 to 12:00 – PERSONAL TRAINING, Weight Rm</b><br/>             10:15 – \$ INTER/BEG FITNESS<br/>             11:15 – \$ SITTERSIZE<br/>             12:30 – BODY GYM CLASS<br/> <b>12:30 – PHC LECTURE: MEDICATION SAFETY</b><br/>             1:30 – 4:15 – PING PONG<br/>             1:45 – \$ B.E.S.T with Liz<br/>             3:00 – OPEN BALLROOM DANCE</p> | <p><b>7</b></p> <p>8:30 – 4:15 – GYM OPEN<br/>             8:30 – 4:15 – PING PONG<br/>             9:15 – \$ PILATES<br/>             10:30 – \$ CHAIR YOGA<br/>             1:15 – \$ TAP WITH JASI<br/>             2:30 – 4:15 – BADMINTON</p>   | <p><b>8</b></p> <p>8:30 – 4:15 – GYM OPEN<br/>             8:30 – 4:15 – PING PONG<br/>             9:15 – VIDEO FITNESS<br/>             10:15 – VIDEO FITNESS<br/>             12:30 – \$ SCULPTING WITH WEIGHTS<br/>             2:00 – 4:15 – BADMINTON</p>   | <p><b>9</b></p> <p>8:30 – 4:15 GYM OPEN<br/>             8:30 – 10:00 PING PONG<br/>             9:15 – \$ TAI CHI<br/> <b>10:45 – PHC – SPINAL INJURIES: WHAT YOU NEED TO KNOW TO REDUCE INJURIES</b><br/>             12:30 - 4:15 – PING PONG<br/>             1:45 – \$ GET FIT WITH LIZ</p> | <p><b>10</b></p> <p>8:30 – 4:15 GYM OPEN<br/>             8:30 – 4:15 PING PONG<br/>             9:15 – \$ ADVANCED FITNESS<br/>             10:15 – \$ INTER/BEG FITNESS<br/>             11:15 – \$ SITTERSIZE<br/>             1:15 – \$ ZUMBA<br/>             2:30 – 4:15 – OPEN BALLROOM DANCE</p> |
| <p><b>CENTER CLOSED - Lincoln's Birthday 13</b></p>   | <p><b>14</b></p> <p>8:30 – 4:15 – GYM OPEN<br/>             8:30 – 4:15 – PING PONG<br/>             9:15 – \$ PILATES<br/>             10:30 – \$ CHAIR YOGA<br/>             1:15 – \$ TAP WITH JASI<br/>             2:30 – 4:15 – BADMINTON</p>  | <p><b>LIVE FITNESS 15</b></p> <p>8:30 – 4:15 – GYM OPEN<br/>             8:30 – 4:15 – PING PONG<br/>             9:15 – \$ ADVANCED FITNESS<br/>             10:15 – \$ INTER/BEG FITNESS<br/>             11:15 – \$ SITTERSIZE<br/>             12:30 – \$ SCULPTING WITH WEIGHTS<br/>             2:00 – 4:15 – BADMINTON</p> | <p><b>16</b></p> <p>8:30 – 4:15 GYM OPEN<br/>             8:30 – 4:15 – PING PONG<br/>             9:15 – \$ TAI CHI<br/>             1:45 – \$ GET FIT WITH LIZ</p>   | <p><b>17</b></p> <p>8:30 – 4:15 GYM OPEN<br/>             8:30 – 4:15 PING PONG<br/>             9:15 – \$ ADVANCED FITNESS<br/>             10:15 – \$ INTER/BEG FITNESS<br/>             11:15 – \$ SITTERSIZE<br/>             1:15 – \$ ZUMBA<br/>             2:30 – 4:15 – OPEN BALLROOM DANCE</p> |
| <p><b>CENTER CLOSED - President's Day 20</b></p>    | <p><b>21</b></p> <p>8:30 – 4:15 – GYM OPEN<br/>             9:15 – \$ PILATES<br/> <b>10:00-NOON - PHC-BLOOD PRESSURE CHECK</b><br/>             12:30 – 4:15 – PING PONG<br/>             10:30 – \$ CHAIR YOGA<br/>             1:15 – \$ TAP WITH JASI<br/>             2:30 – 4:15 – BADMINTON</p> | <p><b>LIVE FITNESS 22</b></p> <p>8:30 – 4:15 – GYM OPEN<br/>             8:30 – 4:15 – PING PONG<br/>             9:15 – \$ ADVANCED FITNESS<br/>             10:15 – \$ INTER/BEG FITNESS<br/>             11:15 – \$ SITTERSIZE<br/>             12:30 – \$ SCULPTING WITH WEIGHTS<br/>             2:00 – 4:15 – BADMINTON</p> | <p><b>23</b></p> <p>8:30 – 4:15 GYM OPEN<br/>             8:30 – 4:15 – PING PONG<br/>             9:15 – \$ TAI CHI<br/>             1:45 – \$ GET FIT WITH LIZ</p>   | <p><b>24</b></p> <p>8:30 – 4:15 GYM OPEN<br/>             8:30 – 4:15 PING PONG<br/>             9:15 – \$ ADVANCED FITNESS<br/>             10:15 – \$ INTER/BEG FITNESS<br/>             11:15 – \$ SITTERSIZE<br/>             1:15 – \$ ZUMBA<br/>             2:30 – 4:15 – OPEN BALLROOM DANCE</p> |
| <p><b>27</b></p> <p>8:30 – 4:15 – GYM OPEN<br/>             8:30 – 4:15 – PING PONG<br/>             9:15 – \$ ADVANCED FITNESS<br/>             10:15 – \$ INTER/BEG FITNESS<br/>             11:15 – \$ SITTERSIZE<br/> <b>11:30 to 1:30 – PERSONAL TRAINING, Weight Rm</b><br/>             12:30 – BODY GYM CLASS<br/>             1:45 – B.E.S.T with Liz<br/>             3:00 – OPEN BALLROOM DANCE</p>   | <p><b>28</b></p> <p>8:30 – 4:15 – GYM OPEN<br/>             8:30 – 4:15 – PING PONG<br/>             8:30 – 4:15 – BADMINTON<br/>             9:15 – \$ PILATES<br/>             10:30 – \$ CHAIR YOGA<br/>             1:15 – \$ TAP WITH JASI<br/>             2:30 – 4:15 – BADMINTON</p>           |    | <p><b>We collect chip bags and all BRITA items!</b></p>   | <p><b>JOIN A CLASS!</b></p> <p>Pilates BALLROOM<br/>             LINE DANCE Zumba<br/>             Sculpting with Weights<br/>             Yoga Tap Chair Yoga<br/>             Tai Chi Sittersize<br/>             BEST Get Fit</p>   |

