

February 2018

CELEBRATING AFRICAN AMERICAN
HISTORY MONTH
FITNESS, DANCE, AND EXERCISE PROGRAM SCHEDULE
(SUBJECT TO CHANGE WITHOUT NOTICE)

February 2018

Su	Mo	Tu	We	Th	Fr	Sa
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

March 2018

Su	Mo	Tu	We	Th	Fr	Sa
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

	Monday	Tuesday	Wednesday	Thursday	Friday
Jan 29 - Feb 2	Jan 29	30	31	Feb 1	2
				9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
Feb 5 - 9	5	6	7	8	9
	9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	9:30am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	9:00am Pump it Up w/Maria 1:00pm Total Body Solution w/Suzanne	9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
Feb 12 - 16	12	13	14	15	16
	9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	9:30am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	Valentine's Day 9:00am Pump it Up w/Maria 1:00pm Total Body Solution w/Suzanne	9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	Chinese New Year 9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
Feb 19 - 23	19	20	21	22	23
	Municipal Offices & Senior Center Closed President's Day	9:30am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	9:00am Pump it Up w/Maria 1:00pm Total Body Solution w/Suzanne	9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
Feb 26 - Mar 2	26	27	28	Mar 1	2
	9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	9:30am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	9:00am Pump it Up w/Maria 1:00pm Total Body Solution w/Suzanne		