
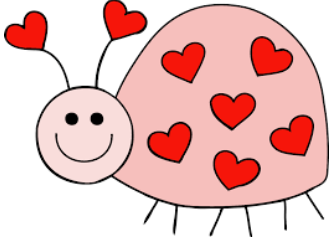





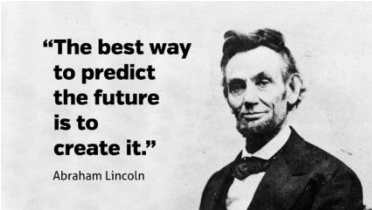







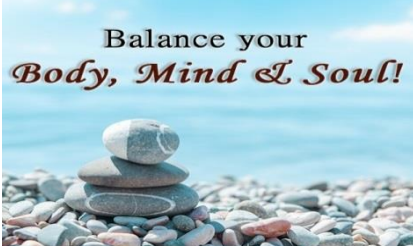


February 2018 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><u>NEW IN MARCH!!!</u> POUND Fitness & YOGASIZE</p>	<p>8:30 – 4:15 PING PONG 10:30 \$ YOGA 1:45 \$ GET FIT</p> 	<p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 1:15 \$ ZUMBA</p> 
<p>9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 10:00-12:00-PERSONAL TRAINING, Weight Rm 11:15 \$ SITTERSIZE 12:30 PHC LECTURE- VITAMINS & SUPPLEMENTS 1:30 – 4:15 PING PONG 1:45 \$ B.E.S.T</p> 	<p>8:30-4:15 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE FITNESS 1:30 \$ TAP DANCE 2:45-4:15 BADMINTON</p> 	<p>8:30-4:30 PING PONG 9:15 VIDEO FITNESS 10:30 NOW & ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45-4:15 BADMINTON</p> 	<p>8:30 – 4:15 PING PONG 10:30 \$ YOGA 1:45 \$ GET FIT</p>	<p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 1:15 \$ ZUMBA</p>
<p>SENIOR CENTER CLOSED</p> 	<p>8:30-4:15 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE FITNESS 1:30 \$ TAP DANCE 2:45-4:15 BADMINTON</p> 	<p>LIVE FITNESS</p> <p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 10:30 NO NOW & ZEN 11:15 \$ SITTERCIZE 12:30 \$ SCULPTING W/ WEIGHTS 1:45-4:15 BADMINTON</p> 	<p>8:30 – 4:15 PING PONG 10:30 \$ YOGA 1:45 \$ GET FIT</p>	<p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 1:15 \$ ZUMBA</p> 
<p>SENIOR CENTER CLOSED</p> 	<p>9:15 \$ PILATES 10:00-12:00 PHC- BLOOD PRESSURE 10:30 \$ CHAIR YOGA 10:45 PHC LECTURE- HIP FRACTURE 12:00-4:30 PING PONG 12:30 \$ AGELESS GRACE FITNESS 1:30 \$ TAP DANCE 2:45-4:15 BADMINTON</p>	<p>LIVE FITNESS</p> <p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 10:30 NO NOW & ZEN 11:15 \$ SITTERCIZE 12:30 \$ SCULPTING W/ WEIGHTS 1:45-4:15 BADMINTON</p>	<p>8:30 – 4:15 PING PONG 10:30 \$ YOGA 1:45 \$ GET FIT</p> 	<p>8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERCIZE 1:15 \$ ZUMBA</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, Weight Rm 1:45 \$ B.E.S.T</p> 	<p>8:30-4:30 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE FITNESS 1:30 \$ TAP DANCE 2:45-4:15 BADMINTON</p> 	<p>8:30-4:15 PING PONG 9:15 VIDEO FITNESS 10:30 NOW & ZEN 12:30 \$ SCULPTING W/ WEIGHTS 1:45-4:15 BADMINTON</p>	<p>Gym Open Daily 8:30am – 4:15pm Must have Medicals on file & have had a training session.</p>	<p>Balance your <i>Body, Mind & Soul!</i></p> 

Live in
the moment
and make it
beautiful

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