





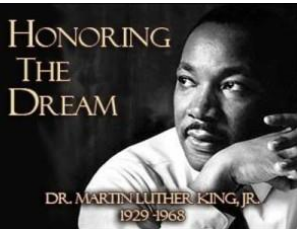








January 2018 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SENIOR CENTER CLOSED 1</p> 	<p>2</p> <p>8:30–4:15 GYM OPEN 8:30–4:30 PING PONG 9:15 \$ NO PILATES 10:30 \$ NO CHAIR YOGA 12:30 \$ NO AGELESS GRACE FITNESS 1:30 \$ NO TAP DANCE 2:45–4:15 BADMINTON</p> 	<p>LIVE FITNESS 3</p> <p>8:30–4:15 GYM OPEN 8:30 – 4:30 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 10:30 NO NOW & ZEN 11:15 \$ SITTCERCIZE 12:30 \$ NO SCULPTING W/ WEIGHTS 1:45–4:15 BADMINTON</p> 	<p>4</p> <p>8:30–4:15 GYM OPEN 8:30 – 10:00 PING PONG 10:30 \$ NO YOGA 12:00–4:15 PING PONG 1:45 \$ NO GET FIT</p>	<p>5</p> <p>8:30-4:15 GYM OPEN 8:30-4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 1:15 \$ NO ZUMBA</p> 
<p>8:30–4:15 GYM OPEN 8 9:15 \$ ADVANCED FITNESS  10:15 \$ INTER/BEG FITNESS 10:00-12:00–PERSONAL TRAINING, Weight Rm 11:15 \$ SITTERSIZE 12:30 PHC LECTURE.- INTIMACY AS WE AGE 1:30 – 4:15 PING PONG 1:45 \$ NO B.E.S.T</p>	<p>9</p> <p>8:30–4:15 GYM OPEN 9:15 \$ PILATES NEW SESSION 10:30 \$ CHAIR YOGA NEW SESSION 12:30 \$ NO AGELESS GRACE FITNESS 12:30-4:15 PING PONG 1:30 \$ TAP DANCE NEW SESSION 2:45–4:15 BADMINTON</p>	<p>10</p> <p>8:30–4:15 GYM OPEN 8:30–4:30 PING PONG 9:15 VIDEO FITNESS 10:30 NOW & ZEN NEW SESSION 12:30 \$ SCULPTING W/ WEIGHTS NEW SESSION 1:45–4:15 BADMINTON</p>	<p>11</p> <p>8:30–4:15 GYM OPEN 8:30 – 10:00 PING PONG 10:30 \$ YOGA NEW SESSION  12:00–4:15 PING PONG 1:45 \$ GET FIT NEW SESSION</p>	<p>12</p> <p>8:30–4:15 GYM OPEN 8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 1:15 \$ ZUMBA NEW SESSION</p>
<p>SENIOR CENTER CLOSED 15</p> 	<p>16</p> <p>8:30–4:15 GYM OPEN 9:15 \$ PILATES 10:00–12:00 PHC-BLOOD PRESSURE CHECK 10:30 \$ CHAIR YOGA 12:30 \$ NO AGELESS GRACE FITNESS 12:30–4:15 PING PONG 1:30 \$ TAP DANCE 1:45–4:15 BADMINTON</p> 	<p>LIVE FITNESS 17</p> <p>8:3–4:15 GYM OPEN 8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 10:30 NO NOW & ZEN 11:15 \$ SITTCERCIZE 12:30 \$ SCULPTING W/ WEIGHTS 1:45–4:15 BADMINTON</p> 	<p>18</p> <p>8:30 – 4:15 GYM OPEN 10:30 \$ YOGA 10:00 – 1:00 PHC-VISION SCREENING 1:00 –4:15 PING PONG 1:45 \$ GET FIT</p>	<p>19</p> <p>8:30–4:15 GYM OPEN 8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 1:15 \$ ZUMBA</p> 
<p>22</p> <p>8:30–4:15 GYM OPEN 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 NEW SESSION</p>	<p>23</p> <p>8:30–4:15 GYM OPEN 8:30–4:30 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 12:30 \$ AGELESS GRACE FITNESS NEW SESSION 1:30 \$ TAP DANCE 2:45–4:15 BADMINTON</p>	<p>24</p> <p>8:3–4:15 GYM OPEN 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>25</p> <p>8:30 – 4:15 GYM OPEN 8:30 – 4:15 PING PONG 10:30 \$ YOGA 1:45 \$ GET FIT</p> 	<p>26</p> <p>8:30–4:15 GYM OPEN 8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTCERCIZE 1:15 \$ ZUMBA</p>
<p>29</p> <p>8:30–4:15 GYM OPEN 8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 1:45 \$ B.E.S.T</p>	<p>30</p> <p>8:30–4:15 GYM OPEN 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>31</p> <p>8:3–4:15 GYM OPEN 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>Active Adults Get Results Join A Class Today!!</p> 