






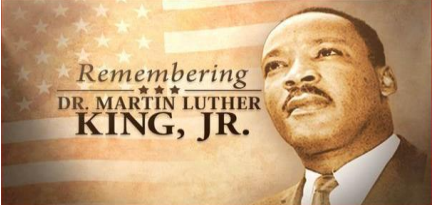






January 2019 – Wellness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Senior Center Closed 1 	2 8:30–4:15 PING PONG 9:15 VIDEO FITNESS 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON	3 8:30 – 4:15 PING PONG 9:15 \$ TAI CHI, NEW SESSION 10:30 \$ YOGA, NEW SESSION 1:45 \$ GET FIT 	4 8:30-4:15 PING PONG 9:15 VIDEO FITNESS 10:15 VIDEO FITNESS 11:30 BADMINTON
7 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 PHC LECTURE- PLANT BASED DIETS 12:30 BODY GYM, NEW SESSION 1:30 – 4:15 PING PONG 1:45 \$ B.E.S.T , NEW SESSION	8 8:30–4:30 PING PONG 9:15 \$ PILATES, NEW SESSION 10:30 \$ CHAIR YOGA, NEW SESSION 11:45–4:15 BADMINTON	9 8:30–4:15 PING PONG 9:15 VIDEO FITNESS 12:30 \$ SCULPTING W/ WEIGHTS, NEW SESSION 1:45 BADMINTON	10 9:15 \$ TAI CHI 10:30 PHC LECTURE- PALLIATIVE CARE 10:30 \$ YOGA 12:00 – 4:15 PING PONG 1:45 \$ GET FIT, NEW SESSION	11 8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTERSIZE 12:30 BADMINTON 
14 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 	15 9:15 \$ PILATES 10:00–12:00-FREE BLOOD PRESSURE 10:30 \$ CHAIR YOGA 12:30-PING PONG 11:45–4:15 BADMINTON	16 8:30–4:15 PING PONG 9:15 VIDEO FITNESS 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON 	17 9:15 \$ TAI CHI 10:00 – 1:00 VISION SCREENING 10:30 \$ YOGA 1:45 \$ GET FIT 1:45 – 4:15 PING PONG	18 8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTCERCISE 12:30 BADMINTON 
Senior Center Closed 21 	22 8:30–4:30 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 11:45–4:15 BADMINTON 	Live Fitness 23 8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTCERCISE 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON	24 8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 1:45 \$ GET FIT 	25 8:30–4:15 PING PONG 9:15 \$ ADVANCED FITNESS 10:15 \$ INTER/BEG FITNESS 11:15 \$ SITTCERCISE 12:30 BADMINTON 
28 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	29 8:30–4:30 PING PONG 9:15 \$ PILATES 10:30 \$ CHAIR YOGA 11:45–4:15 BADMINTON 	30 8:30–4:15 PING PONG 9:15 VIDEO FITNESS 12:30 \$ SCULPTING W/ WEIGHTS 1:45 BADMINTON	31 8:30 – 4:15 PING PONG 9:15 \$ TAI CHI 10:30 \$ YOGA 1:45 \$ GET FIT	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

Don't get locked out of your favorite fitness classes...
CHECK YOUR CLASS LIST
FOR THE SIGN UP

DEADLINE

JOIN A CLASS!

MUST HAVE MEDICALS ON FILE BEFORE ENROLLING



MUST:

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

