

February 2012

Sn	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2	3	4
			9 – 10 Yoga 9 – 12 Seniors vs Crime 10:30 Chairobics 11:40 Zumba Video 1:15 – 3:15 Bingo	9 - 10 Chairobics 10 – 12 West Coast Swing Lessons 10:15 Cardio Dance 11 :30 Zumba Video 1 – 2 Tai Chi 1:30 Beginning Line Dance 4 – 5 Breathing Class 5:30 – 6:30 <u>H2U</u> Yoga	9 – 10 Yoga 9:30 – 12 West Coast Swing Lessons 10 – 12 Line Dance 1:00 Cards 1:30 Fall Prevention Seminar	Farmers Market 9 A –1:30 P ZUMBA 9am
6		7	8	9	10	11
	9 – 10 Yoga 9 – 11 Art Social 10:30 Chairobics 11:30 Chairobics 1 – 4 Bridge/Cards 4 – 5 Breathing Class 5:30 <u>H2U</u> Yoga	9 – 1 WOOPIES 9 - 10 Chairobics 10:15 Cardio Dance 11 – 12 Tai Chi 1:15 – 3:15 Bingo	9 – 10 Yoga 9 – 12 Seniors vs Crime 10:30 Chairobics 11:40 Zumba Video 2 pm Bingo @ Oakmonte	9 - 10 Chairobics 10 – 12 West Coast Swing Lessons 10:15 Cardio Dance 11:30 Zumba Video 1 – 2 Tai Chi 1:30 Beginning Line Dance 4 – 5 Breathing Class 5:30 – 6:30 <u>H2U</u> Yoga	9 – 10 Yoga 9:30 – 12 West Coast Swing Lessons 10 – 12 Line Dance 1:00 Cards	Farmers Market 9 A –1:30 P ZUMBA 9 am
13		14	15	16	17	18
	9 – 10 Yoga 9 – 11 Art Social 10:30 Chairobics 11:30 Chairobics 1 – 4 Bridge/Cards 4 – 5 Breathing Class 5:30 <u>H2U</u> Yoga	9 – 1 WOOPIES 9 - 10 Chairobics 10:15 Cardio Dance 11 – 12 Tai Chi 1:15 – 3:15 Bingo	9 – 10 Yoga 9 – 12 Seniors vs Crime 9 – 12 Tax Assistance 10:30 Chairobics 11:40 Zumba 1:15 – 3:15 Bingo	9 - 10 Chairobics 10 – 12 West Coast Swing Lessons 10:15 Cardio Dance 11:30 Zumba 1 – 2 Tai Chi 1:30 SHINE 1:30 Beginning Line Dance 4 – 5 Breathing Class 5:30 – 6:30 <u>H2U</u> Yoga	9 – 10 Yoga 9:30 – 12 West Coast Swing Lessons 10 – 12 Line Dance 1:00 Cards	Farmers Market 9 A –1:30 P ZUMBA 9 am
20		21	22	23	24	25
	9 – 10 Yoga 9 – 11 Art Social 10:30 Chairobics 11:30 Chairobics 1 – 4 Bridge/Cards 4 – 5 Breathing Class 5:30 <u>H2U</u> Yoga	9 – 1 WOOPIES 9 - 10 Chairobics 10:15 Cardio Dance 11 – 12 Tai Chi 1:15 – 3:15 Bingo	9 – 10 Yoga 9 – 12 Seniors vs Crime 9 – 12 Tax Assistance 10:30 Chairobics 11:40 Zumba 1:15 – 3:15 Bingo	9 - 10 Chairobics 10 – 12 West Coast Swing Lessons 10:15 Cardio Dance 11 :30 Zumba 1 – 2 Tai Chi 1:30 Beginning Line Dance 4 – 5 Breathing Class 5:30 – 6:30 <u>H2U</u> Yoga	9 – 10 Yoga 9:30 – 12 West Coast Swing Lessons 10 – 12 Line Dance 1:00 Cards	Farmers Market 9 A –1:30 P ZUMBA 9 am
27		28	29			
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