

# January 2012

Sn	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
2	3	4	5	6	7	
	Senior Center Closed	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 1:15 – 3:15 Bingo	9 - 10 Chairobics 10 – 12 West Coast Swing Lessons 10:15 Cardio Dance 11 - 12 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
9	10	11	12	13	14	
	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 11:15 Red Hat Luncheon 1:15 – 3:15 Bingo	9 – 10 Yoga 9 – 12 Seniors vs Crime 10:30 Chairobics 11:40 Zumba <b>1:30 Brainworks Seminar</b> 2 pm Bingo @ Oakmonte	9 - 10 Chairobics 10 – 12 West Coast Swing Lessons 10:15 Cardio Dance 11 - 12 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 <b>1:30 Seminar</b>	Farmers Market 9 A-1:30 P ZUMBA 9 am
16	17	18	19	20	21	
	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 1:15 – 3:15 Bingo	9 - 10 Chairobics 10 – 12 West Coast Swing Lessons 10:15 Cardio Dance 11 - 12 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
23	24	25	26	27	28	
	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 <b>11:15 – 1 New Year Potluck</b> <b>*Tai Chi Cancelled*</b> 1:15 – 3:15 Bingo	9 – 10 Yoga 9 – 12 Seniors vs Crime 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 - 12 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	<b>Shred-a-thon</b> 9 A-1P
30	31					
	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				