

FEBRUARY

Program for Active Living

Legend

(FC)- Fitness Center

(JS) - John Sweeney

(EG) Egerton



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30 Stretching Class (FC)
2 Groundhog Day 🐻 OPEN GYM DAY	3 9:30 Stretching Class (FC) 11:00 Video Zumba (FC) 1:30 SMART Exercises (JS)	4 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	5 2:30 Zumba (EG)	6 1:30 Stretching (FC)	7 10:00 Balance Class (JS)	8 9:30 Stretching Class (FC)
9 OPEN GYM DAY	10 9:30 Stretching Class (FC) 1:30 SMART Exercises (JS)	11 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	12 1:30 Kickboxing (FC)	13 1:30 Tai Chi (JS)	14 Valentine's Day ❤️ 10:00 Balance Class (JS)	15 9:30 Stretching Class (FC)
16 OPEN GYM DAY	17 Family Day 👨‍👩‍👧 9:30 Stretching Class (FC) 11:00 Video Zumba (FC)	18 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	19 1:30 Circuit Class (FC)	20 1:30 Stretching (FC)	21 10:00 Balance Class (JS)	22 9:30 Stretching Class (FC)
23 OPEN GYM DAY	24 9:30 Stretching Class (FC) 1:30 SMART Exercises (JS)	25 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	26 Pink Shirt Day 👚 OPEN GYM DAY!	27 1:30 Tai Chi (JS)	28 10:00 Balance Class (JS) 1:30 Zumba (JS)	