

# JANUARY

## Program of Active Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> <b>New Years Day</b> 1:30 Video Zumba (FC)	<b>2</b> 1:30 Tai Chi (JS)	<b>3</b> 10:00 Balance Class (JS)	<b>4</b> 9:30 Morning Stretch (JS)
			<b>5</b> OPEN GYM DAY!	<b>6</b> 9:30 Morning Stretch (JS) 1:30 SMART Exercises (JS)	<b>7</b> 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	<b>8</b> 1:30 Kickboxing (FC)
<b>12</b> OPEN GYM DAY!	<b>13</b> 9:30 Morning Stretch (JS) 1:30 SMART Exercises (JS)	<b>14</b> 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	<b>15</b> 1:30 Circuit Class (FC)	<b>16</b> 1:30 Tai Chi (FC)	<b>17</b> 10:00 Balance Class (JS)	<b>18</b> 9:30 Morning Stretch (JS)
<b>19</b> OPEN GYM DAY!	<b>20</b> 9:30 Morning Stretch (JS) 1:30 SMART Exercises (JS)	<b>21</b> 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	<b>22</b> 1:30 Wii Sports (GC)	<b>23</b> 1:30 Stretching (FC)	<b>24</b> 10:00 Balance Class (JS)	<b>25</b> 9:30 Morning Stretch (JS)
<b>26</b> OPEN GYM DAY!	<b>27</b> 9:30 Morning Stretch (JS) 1:30 SMART Exercises (JS)	<b>28</b> 10:00 Balance Class (JS) 3:30 Hand Therapy (JS)	<b>29</b> 1:30 Thera Band Class (FC) 2:30 Zumba (EG)	<b>30</b> 1:30 Tai Chi (JS)	<b>31</b> 10:00 Balance Class (JS)	