

FEBRUARY

Program for Active Living

Legend

F— Florence Meares
Seniors Center
T—Town Hall
B – Basement
C— Cafe

*Please Always check the daily
poster boards on Main Street
for any changes to the
schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 Sit & Be Fit (F) 11:00 Fit on Your Feet (F)
2 Groundhog Day 10:00 Morning Stretching (F) 4:15 Strength and Conditioning (B)	3 10:00 Sit & Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Nordic Poles (T)	4 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 2:40 Balance Bars (Sign up) 4:15 Yoga/Tai Chi (F) 4:15 Strength and Conditioning (B)	5 10:00 Sit and Be Fit (F) 11:00 Morning Stretching (F) 3:00 Drop in Fitness (B) 4:15 Standing Strong (F)	6 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 1:30 Williamsburg East 4:15 Yoga/Tai Chi (F) 4:15 Strength and Conditioning (B)	7 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Standing Strong (F)	8 10:00 Sit & Be Fit (F) 11:00 Fit on Your Feet (F)
9 10:00 Morning Stretching (F) 4:15 Strength and Conditioning (B)	10 10:00 Sit & Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Nordic Poles (T)	11 2:40 Balance Bars (Sign up) 4:15 Yoga/Tai Chi (F) 4:15 Strength and Conditioning (B)	12 10:00 Sit and Be Fit (F) 11:00 Morning Stretching (F) 3:00 Drop in Fitness (B) 4:15 Standing Strong (F)	13 9:20 Swimming (Sign up) 10:00 Sit and Be Fit (F) 1:30 Williamsburg East 4:15 Yoga/Tai Chi (F) 4:15 Strength and Conditioning (B)	14 Valentine's Day 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Standing Strong (F)	15 10:00 Sit & Be Fit (F) 11:00 Fit on Your Feet (F)
16 10:00 Morning Stretching (F) 4:15 Strength and Conditioning (B)	17 Family Day 10:00 Sit & Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Nordic Poles (T)	18 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 2:40 Balance Bars (Sign up) 4:15 Yoga/Tai Chi (F) 4:15 Strength and Conditioning (B)	19 10:00 Sit and Be Fit (F) 11:00 Morning Stretching (F) 3:00 Drop in Fitness (B) 4:15 Standing Strong (F)	20 10:00 Sit and Be Fit (F) 11:00 Fit on Your Feet (F) 4:15 Yoga/Tai Chi (F) 4:15 Strength and Conditioning (B)	21 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Standing Strong (F)	22 10:00 Sit & Be Fit (F) 11:00 Fit on Your Feet (F)
23 10:00 Morning Stretching (F) 4:15 Strength and Conditioning (B)	24 10:00 Sit & Be Fit (F) 11:00 Fit on Your Feet (F) 4:00 Nordic Poles (T)	25 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Yoga/Tai Chi (F) 4:15 Strength and Conditioning (B)	26 Pink Shirt Day 10:00 Sit and Be Fit (F) 11:00 Morning Stretching (F) 3:00 Drop in Fitness (B) 4:15 Standing Strong (F)	27 9:20 Swimming (Sign up) 10:00 Sit and Be Fit (F) 4:15 Yoga/Tai Chi (F) 4:15 Strength and Conditioning (B)	28 10:00 Sit and Be Fit (F) 11:00 Sit and Be Fit (F) 4:15 Standing Strong (F)	