

FEBRUARY 2020 EXERCISE CALENDAR

4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>8:00 Yoga (E) 8:15 NO B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II 3:45-4:45 Line Dance I 5:30 ZUMBA TONING</p>	<p>4</p> <p>8:00 Seniors Circuit (N) 9:00 GENTLE YOGA 9:15 LOW AND SLOW (O) 10:15 CHAIR YOGA 11:15 CHAIR YOGA 2 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 4:30 STRONG by Zumba 5-6 Evening Beginning TAI CHI</p>	<p>5</p> <p>8:00 Yoga (O) 8:15 NO B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS (O) 5:30 ZUMBA 5:45 Practices for Inner Peace</p>	<p>6</p> <p>8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW (N) 10:15 Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 DANCE-THE BALLROOM WORKOUT 4:30 STRONG by Zumba 5-6 Evening Beginning TAI CHI</p>	<p>7</p> <p>8:15 NO B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM (E) 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS (N)</p>
<p>10</p> <p>8:00 Yoga (N) 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II 3:45-4:45 Line Dance I 5:30 ZUMBA TONING</p>	<p>11</p> <p>8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:15 CHAIR YOGA 2 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 4:30 STRONG by Zumba 5-6 Evening Beginning TAI CHI</p>	<p>12</p> <p>8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA 5:45 Practices for Inner Peace</p>	<p>13</p> <p>8:00 Seniors Circuit 9:00 NO GENTLE YOGA 9:15 LOW AND SLOW 10:15 NO Chair Yoga 10:15 ZUMBA GOLD CHAIR (E) 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 DANCE-THE BALLROOM WORKOUT (E) 4:30 STRONG by Zumba (E)</p>	<p>14</p> <p>8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM (O) 11:30 30 MIN. ZUMBA GOLD 12:15 FIT & FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS</p>
<p>17</p> <p>8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II (E) 3:45-4:45 Line Dance I (E) 5:30 ZUMBA TONING</p>	<p>18</p> <p>8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:15 CHAIR YOGA 2 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR (O) 2:30 30 MIN. ZUMBA GOLD 4:30 STRONG by Zumba (N) 5-6 Evening Beginning TAI CHI</p>	<p>19</p> <p>8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA 5:45 Practices for Inner Peace</p>	<p>20</p> <p>8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 Chair Yoga 10:15 ZUMBA GOLD CHAIR (N) 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 1:30 Social Dance 4:30 STRONG by Zumba</p>	<p>21</p> <p>8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM (N) 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS</p>
<p>24</p> <p>8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (E) 2:30-3:30 NO Line Dance II 3:45-4:45 NO Line Dance I 5:30 ZUMBA TONING (E)</p>	<p>25</p> <p>8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:15 CHAIR YOGA 2 12:30 FIT AND FABULOUS (E) 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD (E) 4:30 STRONG by Zumba 5-6 Evening Beginning TAI CHI</p>	<p>26</p> <p>8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) (O) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA (O) 5:45 Practices for Inner Peace</p>	<p>27</p> <p>8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD (O) 12:30 FIT AND FABULOUS (O) 2:00 DANCE-THE BALLROOM WORKOUT (N) 4:30 STRONG by Zumba 5-6 Evening Beginning TAI CHI</p>	<p>28</p> <p>8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD (N) 12:15 FIT & FABULOUS (N) 1:00 ZUMBA GOLD (N) 2:15 HOOP DANCE FITNESS</p>
			<p>SATURDAY CORE 'N MORE 8:15-9:00 AM NEW SESSION: February 29th-April 4th</p>	<p>NEW CLASS: PRACTICES FOR INNER PEACE SATURDAYS, 10:30-11:30 AM JANUARY 4—MARCH 30 FREE</p>