

# JANUARY 2020 EXERCISE CALENDAR

4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SATURDAY</b> <b>CORE 'N MORE</b> <b>8:15-9:00 AM</b> NEW SESSION: January 4th—February 22nd No Class: February 1st &amp; 8th</p>	<p><b>NEW CLASS:</b> <b>PRACTICES FOR INNER PEACE</b> <b>SATURDAYS,</b> <b>10:30-11:30 AM</b> <b>JANUARY 4—MARCH 30</b> <b>FREE</b></p>	<p><b>1</b> <b>CENTER</b> <b>CLOSED FOR</b> <b>NEW YEARS</b></p>	<p><b>2</b> 8:00 Seniors Circuit <b>9:00 NO GENTLE YOGA</b> <b>9:15 NO LOW AND SLOW</b> 10:15 NO Chair Yoga <b>10:15 ZUMBA GOLD CHAIR (O)</b> 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS <b>2:00 NO DANCE-THE BALLROOM WORKOUT</b> <b>4:30 STRONG by Zumba (E)</b> 5-6 Evening Beginning TAI CHI</p>	<p><b>3</b> 8:15 B FIT 9:10 PEPS <b>10:15 ZUMBA GOLD FRIDAY AM (N)</b> 11:30 30 MIN. ZUMBA GOLD 12:15 FIT &amp; FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS</p>
<p><b>6</b> 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 <b>2:30-3:30 NO Line Dance II</b> <b>3:45-4:45 NO Line Dance I</b> 5:30 ZUMBA TONING</p>	<p><b>7</b> 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA 11:15 CHAIR YOGA 2 11:00 FOLK DANCE 12:30 FIT AND FABULOUS <b>1:30 ZUMBA GOLD CHAIR (N)</b> 2:30 30 MIN. ZUMBA GOLD <b>4:30 STRONG by Zumba (N)</b> 5-6 Evening Beginning TAI CHI</p>	<p><b>8</b> 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 <b>5:30 ZUMBA (E)</b> 5:45 Practices for Inner Peace</p>	<p><b>9</b> 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 12:30 FIT AND FABULOUS <b>2:00 DANCE-THE BALLROOM WORKOUT (N)</b> 4:30 STRONG by Zumba 5-6 Evening Beginning TAI CHI</p>	<p><b>10</b> 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM <b>11:30 30 MIN. ZUMBA GOLD (E)</b> <b>12:15 FIT AND FABULOUS (E)</b> <b>1:00 ZUMBA GOLD (E)</b> 2:15 HOOP DANCE FITNESS</p>
<p><b>13</b> 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi <b>1:00 ZUMBA GOLD (O)</b> <b>2:30-3:30 Line Dance II (N)</b> <b>3:45-4:45 Line Dance I (N)</b> <b>5:30 ZUMBA TONING (O)</b></p>	<p><b>14</b> 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA <b>11:15 CHAIR YOGA 2 (E)</b> 11:00 FOLK DANCE <b>12:30 FIT AND FABULOUS (O)</b> 1:30 ZUMBA GOLD CHAIR <b>2:30 30 MIN. ZUMBA GOLD (O)</b> 4:30 STRONG by Zumba 5-6 Evening Beginning TAI CHI</p>	<p><b>15</b> 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi <b>1:00 ZUMBA GOLD (T) (N)</b> 2:15 HOOP DANCE FITNESS <b>5:30 ZUMBA (N)</b> 5:45 Practices for Inner Peace</p>	<p><b>16</b> 8:00 Seniors Circuit <b>9:00 GENTLE YOGA (E)</b> 9:15 LOW AND SLOW <b>10:15 Chair Yoga (E)</b> 10:15 ZUMBA GOLD CHAIR <b>11:15 30 MIN. ZUMBA GOLD(N)</b> <b>12:30 FIT AND FABULOUS (N)</b> 2:00 DANCE-THE BALLROOM WORKOUT 4:30 STRONG by Zumba 5-6 Evening Beginning TAI CHI</p>	<p><b>17</b> <b>8:15 B FIT (E)</b> 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD 12:15 FIT &amp; FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS</p>
<p><b>20</b> 8:00 Yoga <b>8:15 B FIT (N)</b> <b>9:10 PEPS (E)</b> <b>10:00 MODIFIED YOGA (E)</b> 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><b>21</b> 8:00 Seniors Circuit <b>9:00 GENTLE YOGA (O)</b> 9:15 LOW AND SLOW <b>10:15 CHAIR YOGA (O)</b> <b>11:15 CHAIR YOGA 2 (O)</b> 11:00 FOLK DANCE 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><b>22</b> 8:00 Yoga 8:15 B FIT <b>9:10 PEPS (O)</b> <b>10:00 MODIFIED YOGA (O)</b> 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><b>23</b> 8:00 Seniors Circuit <b>9:00 GENTLE YOGA (N)</b> 9:15 LOW AND SLOW <b>10:15 Chair Yoga (N)</b> 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</p>	<p><b>24</b> 8:15 B FIT <b>9:10 PEPS (N)</b> 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS</p>
<p><b>27</b> 8:00 Yoga 8:15 B FIT 9:10 PEPS <b>10:00 MODIFIED YOGA (N)</b> 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 NO ZUMBA TONING</p>	<p><b>28</b> <b>8:00 Seniors Circuit (E)</b> 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 CHAIR YOGA <b>11:15 CHAIR YOGA 2 (N)</b> 11:00 FOLK DANCE 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><b>29</b> 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><b>30</b> <b>8:00 Seniors Circuit (O)</b> 9:00 GENTLE YOGA <b>9:15 LOW AND SLOW (E)</b> 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><b>31</b> <b>8:15 NO B FIT</b> 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD 12:15 FIT &amp; FABULOUS 1:00 ZUMBA GOLD <b>2:15 HOOP DANCE FITNESS (E)</b></p>