

# February 2017

## CELEBRATING AFRICAN AMERICAN HISTORY MONTH FITNESS, DANCE, AND EXERCISE SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

February 2017						
Su	Mo	Tu	We	Th	Fr	Sa
5	6	7	1	2	3	4
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March 2017						
Su	Mo	Tu	We	Th	Fr	Sa
5	6	7	1	2	3	4
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

	Monday	Tuesday	Wednesday	Thursday	Friday
	Jan 30	31	Feb 1	2	3
Jan 30 - Feb 3			9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
Feb 6 - 10	6 9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	7 9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	8 9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	9 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	10 9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
Feb 13 - 17	13 9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	14 9:00am Tai Chi Chih w/Dan 1:00pm Zumba Gold w/Suzanne	15 9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	16 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	17 9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
Feb 20 - 24	20 Municipal offices and Senior Center Closed Presidents' Day	21 9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	22 9:00am Pump it Up w/Maria 10:30am Feeling Great Video 1:00pm Total Body Solution w/Suzanne	23 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	24 9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
Feb 27 - Mar 3	27 9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	28 9:00am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	Mar 1	2	3