

# February 2012

## FITNESS, DANCE, AND EXERCISE SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

February 2012							March 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4				1	2	3	4	
5	6	7	8	9	10	11	4	5	6	7	8	9	10
12	13	14	15	16	17	18	11	12	13	14	15	16	17
19	20	21	22	23	24	25	18	19	20	21	22	23	24
26	27	28	29				25	26	27	28	29	30	31

Monday	Tuesday	Wednesday	Thursday	Friday
		February 1	2	3
		9:30am 10:30am Hooked on Fitness w/Carol Feeling Great Video	9:00am 10:30am 1:00pm 2:30pm Yoga w/Maria Tai Chi Chih w/Dan Tap Dance w/Robin Zumba Gold w/Carol	9:45am 10:30am Chat 'n Chair w/Elaine Hooked on Fitness w/Elaine
6	7	8	9	10
9:30am 10:30am Stretch and Tone w/Elaine Chat 'n Chair w/Elaine	9:00am 10:30am 1:00pm Tai Chi Chih w/Dan Yoga Stretch w/Carol Country Line Dancing w/Carol	9:30am 10:30am Hooked on Fitness w/Carol Feeling Great Video	9:00am 10:30am 1:00pm 2:30pm Yoga w/Maria Tai Chi Chih w/Dan Tap Dance w/Robin Zumba Gold w/Carol	9:45am 10:30am Chat 'n Chair w/Elaine Hooked on Fitness w/Elaine
13	14	15	16	17
9:30am 10:30am Stretch and Tone w/Elaine Chat 'n Chair w/Elaine	Valentine's Day 9:00am 10:30am 1:00pm Tai Chi Chih w/Dan Yoga Stretch w/Carol Country Line Dancing w/Carol	9:30am 10:30am Hooked on Fitness w/Carol Feeling Great Video	9:00am 10:30am 1:00pm 2:30pm Yoga w/Maria Tai Chi Chih w/Dan Tap Dance w/Robin Zumba Gold w/Carol	9:45am 10:30am Chat 'n Chair w/Elaine Hooked on Fitness w/Elaine
20	21	22	23	24
Center Closed President's Day	9:00am 10:30am 1:00pm Tai Chi Chih w/Dan Yoga Stretch w/Carol Country Line Dancing w/Carol	Washington's Birthday 9:30am 10:30am Hooked on Fitness w/Carol Feeling Great Video	9:00am 10:30am 1:00pm 2:30pm Yoga w/Maria Tai Chi Chih w/Dan Tap Dance w/Robin Zumba Gold w/Carol	9:45am 10:30am Chat 'n Chair w/Elaine Hooked on Fitness w/Elaine
27	28	29		
9:30am 10:30am Stretch and Tone w/Elaine Chat 'n Chair w/Elaine	9:00am 10:30am 1:00pm Tai Chi Chih w/Dan Yoga Stretch w/Carol Country Line Dancing w/Carol	9:30am 10:30am Hooked on Fitness w/Carol Feeling Great Video		