

January Strong Sterling

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
		1	2	3	4			
				Silver Circuit 9:15 w/Heather (AB) Restorative Yoga 12:00 w/Dawn (AB)	Zumba 9:15 w/Rebecca (GF) Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/Janice (AB)	Chair Yoga 9:15 w/Dawn (C) Silver Circuit 9:15 w/Heather (AB)		
				6	7	8	9	10
	BoomMove 8:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice (AB)		Zumba Toning 9:15 w/Rebecca (GF)	Silver Circuit 9:15 w/Heather (AB) Zumba Sentao 10:15 w/Judi (GF) Restorative Yoga 12:00 w/Dawn (AB)	Zumba 9:15 w/Judi (GF) Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/Janice (AB)	Chair Yoga 9:15 w/Dawn (C)		
13	BoomMove 8:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice (AB)	15	16	17	18	19		
	BoomMove 8:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice (AB)		Silver Circuit 9:15 w/Rebecca (AB) Zumba Sentao 10:15 w/Judi (GF) Restorative Yoga 12:00 w/Dawn (AB)	Zumba 9:15 Tai Chi 10:15 Silver Classic 12:00 Senior Social 1:15	Chair Yoga 9:15 w/Dawn (C) Silver Circuit 9:15 w/Heather (AB)			
20	BoomMove 8:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice (AB)	22	23	24	25	26		
	BoomMove 8:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice (AB)		Silver Circuit 9:15 w/Heather(AB) Zumba Sentao 10:15 w/Judi (GF) Restorative Yoga 12:00 w/Dawn (AB)	Zumba 9:15 w/Judi (GF) Tai Chi 10:15 w/Fawn(AB) Silver Classic 12:00 w/Janice (AB)	Chair Yoga 9:15 w/Dawn (C) Silver Circuit 9:15 w/Heather (AB)			
27	BoomMove 8:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice (AB)	29	30	31				
	BoomMove 8:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice (AB)		Silver Circuit 9:15 w/Heather(AB) Zumba Sentao 10:15 w/Judi (GF) Restorative Yoga 12:00 w/Dawn (AB)	For cancellations please check your email or Facebook.				



