



February Strong Sterling

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				For cancellations please check your email or Facebook.		1 Chair Yoga 9:15 w/Dawn (C) Silver Circuit 9:15 w/Heather (AB)
3	BoomMove 8:15 4 BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice (AB)	5 Zumba Toning 9:15 w/Judi (GF)	6 Silver Circuit 9:15 w/Heather (AB) Zumba Sentao 10:15 w/Judi (GF) Restorative Yoga 12:00 w/Dawn (AB)	7 Zumba 9:15 w/Judi (GF) Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/Janice (AB)	8 Chair Yoga 9:15 w/Dawn (C) Silver Circuit 9:15 w/Rebecca (AB)	9
10	BoomMove 8:15 11 BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice (AB)	12 Zumba Toning 9:15 w/Judi (GF)	13 Silver Circuit 9:15 w/Heather (AB) Zumba Sentao 10:15 w/Judi (GF) Restorative Yoga 12:00 w/Dawn (AB)	14 Zumba 9:15 w/Judi (GF) Tai Chi 10:15 w/Fawn (AB) Silver Classic 12:00 w/Janice (AB)	15 Chair Yoga 9:15 w/Dawn (C) Silver Circuit 9:15 w/Heather (AB)	16
17	BoomMove 8:15 18 BoomMuscle 9:15 w/Heather (GF) Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/ Rebecca&Sue (AB)	19 Zumba Toning 9:15 w/Judi (GF)	20 Silver Circuit 9:15 w/Heather(AB) Zumba Sentao 10:15 w/Judi (GF) Restorative Yoga 12:00 w/Dawn (AB)	21 Zumba 9:15 Tai Chi 10:15 Silver Classic 12:00 Senior Social Heart Health 1:15	22 Chair Yoga 9:15 w/Dawn (C) Silver Circuit 9:15 w/Rebecca (AB)	23
24	BoomMove 8:15 25 BoomMuscle 9:15 Chair Yoga 9:15 w/Dawn (AB) Silver Classic 12:00 w/Janice (AB)	26 Zumba Toningo 9:15 w/Judi (GF)	27 Silver Circuit 9:15 w/Heather(AB) Zumba Sentao 10:15 w/Judi (GF) Restorative Yoga 12:00 w/Dawn (AB)	28 Zumba 9:15 w/Judi (GF) Tai Chi 10:15 w/Fawn(AB) Silver Classic 12:00 w/Janice (AB)	 WALK & TALK Mon & Thurs 11:30 Meet on the track	

Join us for our Senior Social Heart Health Feb 21st @ 1:15

