




February



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|---|--|--|--|--------------------------------|
| |  Black History Month | | | 1 <i>BC</i> <i>Silver Strength 10am</i> <i>Strength 4:15pm</i> <i>Jenn Zumba 5pm</i> | 2 <i>Fit Row 5:45am</i> <i>Yoga 10am</i> | 3 <i>Moderate Yoga 9am</i> |
| 4 | 5 <i>BC</i> <i>Tai Ji Quan 9am</i> <i>Yoga 10am</i> <i>JRow 6pm</i> | 6 <i>BC</i> <i>Silver Strength 10am</i> <i>Cindi Zumba 5pm</i> | 7 <i>Fit Row 5:45am</i> <i>Tai Ji Quan 9am</i> <i>Gentle Yoga 4pm</i> | 8 <i>BC</i> <i>Silver Strength 10am</i> <i>Strength 4:15pm</i> <i>Jenn Zumba 5pm</i> <i>JRow 6:15pm</i> | 9 <i>Yoga 10am</i> | 10 <i>Moderate Yoga 9am</i> |
| 11 | 12 <i>BC</i> <i>Tai Ji Quan 9am</i> <i>Gentle Yoga 4pm</i> | 13 <i>BC</i> <i>Silver Strength 10am</i> <i>Cindi Zumba 5pm</i> | 14 <i>Fit Row 5:45am</i> <i>Yoga 10:15am</i>  | 15 <i>BC</i> <i>Silver Strength 10am</i> <i>Strength 4:15pm</i> <i>Jenn Zumba 5pm</i> <i>JRow 6:15pm</i> | 16 <i>Fit Row 5:45am</i> <i>Yoga 10am</i> | 17 <i>Moderate Yoga 9am</i> |
| 18 |  19 <i>BC</i> <i>Tai Ji Quan 9am</i> <i>Yoga 10am</i> <i>Cindi Zumba 5pm</i> <i>JRow 6:15pm</i> | 20 <i>BC</i> <i>Silver Strength 10am</i> | 21 <i>Fit Row 5:45am</i> <i>Tai Ji Quan 9am</i> | 22 <i>BC</i> <i>Silver Strength 10am</i> <i>Cindi Zumba 5pm</i> <i>JRow 6:15pm</i> | 23 <i>Fit Row 5:45am</i> <i>Yoga 10am</i> | 24 |
| 25 | 26 <i>BC</i> <i>Tai Ji Quan 9am</i> <i>Yoga 10am</i> | 27 <i>BC</i> <i>Silver Strength 10am</i> <i>Cindi Zumba 5pm</i> | 28 <i>Fit Row 5:45am</i> <i>Tai Ji Quan 9am</i> <i>Gentle Yoga 4:30pm</i> <i>Vinyasa Yoga 5:30pm</i> | | Please be aware of schedule, and/or time changes. Thank You! | 507-831-0672 |