

February 2019

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Thank you Event Partners:
4U Nutrition



1
REVISED on February 6

2
Opening Day!
Bridge walk,
9:30 am
Hatha Flow, 10 am
Roller-Skating, 4:30-6:30pm

3
FITNESS ONE
Bowling,
3-5 pm

4
Yoga, 6pm
Tai Chi, 11 am (\$5)
Personal training,
2:15, 5 & 6 pm

5
Chair yoga, 9am
Personal training,
2:15 pm
Square Dancing, 6
pm

6
Personal training,
5 & 6 pm

7
PHD WEIGHT LOSS
Lunch & Learn,
10:30 am
REFIT, 6:30 pm
Hatha Flow, 6pm

8
Chair yoga, 9am
Personal training,
2:15 pm

9
Walk w/the Mayor,
8:30 am
Zumba, 9:30 am
Bridge walk, 9:30 am
Hatha Flow, 10 am
Roller-Skating, 4:30-6:30pm

10
Bowling,
3-5 pm

11
Yoga, 6pm
Tai Chi, 11 am (\$5)
Personal training,
2:15, 5 & 6pm

12
Chair yoga, 9am
Personal training,
2:15 pm
Square Dancing,
6 pm
Kickboxing, 7:30 pm

13
Personal training,
5 & 6 pm

14
Lunch & Learn,
10:30 am (2 sessions)
REFIT, 6:30 pm
Hatha Flow, 6pm
Kickboxing, 7:30 pm

15
Chair yoga, 9am
Personal training,
2:15 pm

16
Reel in the Fun, 9am
Bridge walk,
9:30 am
Hatha Flow, 10 am
Roller-Skating, 4:30-6:30pm

17
Bowling,
3-5 pm

18
Yoga, 6pm
Tai Chi, 11 am (\$5)
Personal training,
2:15, 5 & 6pm
Health seminar,
6:15 pm

19
Chair yoga, 9am
Personal training,
2:15 pm
Diabetes seminar,
5:30 pm
Square Dancing,
6 pm
Kickboxing, 7:30 pm

20
Personal training,
5 & 6pm

21
Lunch & Learn,
 10:30 am
REFIT, 6:30 pm
Hatha Flow, 6pm
Kickboxing, 7:30 pm

22
Chair yoga, 9am
Personal training,
2:15 pm


23
Jazzercise, 9am
Bridge walk,
9:30 am
Zumba, 9:30 am
Hatha Flow, 10 am
Beginning Yoga, 12:30 pm
Roller-Skating, 4:30-6:30pm

24
Bowling,
3-5 pm

25
Yoga, 6pm
Tai Chi, 11 am (\$5)
Personal training,
2:15, 5 & 6pm

26
Chair yoga, 9am
Personal training,
2:15 pm
Square Dancing,
6 pm
Kickboxing, 7:30 pm

27
Personal training,
5 & 6 pm

28

Lunch & Learn, 10:30
am
REFIT, 6:30 pm
Hatha Flow, 6pm
Kickboxing, 7:30 pm

Register for the March Happiness Walking Challenge!

