

February 2019

MON	TUE	WED	THU	FRI
				1 8:00am—Water Fitness 9:00 Pilates 10:15am—Senior Stretch, Strength & Balance 11:00am—Pickleball 12:00pm—Silver Sneakers Splash
4 8:00am—Water Fitness 8:15 Pilates 9:00–11:00 Coffee/Conversation 10:00 Verizon-Tec Talk 10:15am Senior Cardio 11:00am—Pickleball 12:00pm—Silver Sneakers Splash 12:00 Card Games	5 9:00am—Water Fitness 10:15am—Cardio Dance 12:00pm—Gentle Joints 1:00 Tai Ji Quan \$ 1pm—Book Club	6 8:00am—Water Fitness 10:15am—Senior Stretch, Balance & Cardio 11:00am—Pickleball 12:00pm—Silver Sneakers Splash	7 9:00am—Water Fitness 10:15am—Chair Yoga 12:00pm—Gentle Joints 12:30 Dr. Scanlon CT Foot Group 1:00 Tai Ji Quan \$	8 8:00am—Water Fitness 9:00 Pilates 10:15am—Senior Stretch, Strength & Balance 11:00am—Pickleball 11:15—Tai Chi 12:00pm—Silver Sneakers Splash
11 8:00am—Water Fitness 8:15 Pilates 9:00–11:00 Coffee/Conversation 10:15am Senior Cardio 11:00am—Pickleball 12:00pm—Silver Sneakers Splash	12 9:00am—Water Fitness 10:15am—Cardio Dance 12:00pm—Gentle Joints 1:00 Tai Ji Quan \$	13 8:00am—Water Fitness 10:15am—Senior Stretch, Balance & Cardio 11:00am—Pickleball 12:00pm—Silver Sneakers Splash 1:00 Cancer Support	14 9:00am—Water Fitness 10:15am—Chair Yoga 12:00pm—Gentle Joints 1:00 Tai Ji Quan \$	15 8:00am—Water Fitness 9:00 Pilates 10:15am—Senior Stretch, Strength & Balance 11:00am—Pickleball 12:00pm—Silver Sneakers Splash
18 Slimedown Starts 8:00am—Water Fitness 8:15 Pilates 9:00–11:00 Coffee/Conversation 10:15am Senior Cardio 11:00am—Pickleball 12:00pm—Silver Sneakers Splash & 12:00 Cribbage	19 9:00am—Water Fitness 10:15am—Cardio Dance 12:00pm—Gentle Joints 1:00 Tai Ji Quan \$	20 8:00am—Water Fitness 10:15am—Senior Stretch, Balance & Cardio 11:00am—Pickleball 12:00pm—Silver Sneakers Splash	21 9:00am—Water Fitness 10:15am—Chair Yoga 12:00pm—Gentle Joints 12:00–2:00 Painting with Pat 1:00 Tai Ji Quan \$	22 8:00am—Water Fitness 9:00 Pilates 10:15am—Senior Stretch, Strength & Balance 11:00am—Pickleball 12:00pm—Silver Sneakers Splash
25 8:00am—Water Fitness 8:15 Pilates 9:00–11:00 Coffee/Conversation 10:15am Senior Cardio 11:00am—Pickleball 12:00pm—Silver Sneakers Splash	26 9:00am—Water Fitness 10:15am—Cardio Dance 12:00pm—Gentle Joints 12:00 Matinee 1:00 Tai Ji Quan \$	27 8:00am—Water Fitness 10:15am—Senior Stretch, Balance & Cardio 11:00am—Pickleball 12:00pm—Silver Sneakers Splash	28 9:00am—Water Fitness 10:15am—Chair Yoga 12:00pm—Gentle Joints 1:00 Tai Ji Quan \$	



Check out These Extra Paid for Programs

Tai Ji Quan—Moving for Better Balance and Fall Prevention: T/Th 1:00 \$80 Members & \$120 Program Members

First Steps Back One on One Personal Support Program \$195

Aqua Personal Training priced at Personal Training rates

Health Coaching groups of 3, one time visit \$35

March Book Club Choice Orphan Train by Christina Baker Kline