

## February 2018 | North County Schedule

(Please refer to the Spring 2018 catalog or the website for a full listing of classes.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>12</b></p> <p>677   Zumba   1 Hour            676   Zumba   1 Hour            674   Zumba   1 Hour            675   Zumba   1 Hour            673   Zumba   1 hour            656   Get Fit and Stay Strong   12:30 - 1:30</p>	<p><b>13</b></p> <p>669   Tai Chi Chaun: Early Risers   7:30 - 8:05            718   Good vs Evil   10:00 - 12:00            815   Spanish I   10:15 - 11:15            816   Practical Conversational Spanish   11:30 - 12:30            817   Spanish II   1:00 - 2:00            785   Mind Fitness Program   2:00 - 3:00            748   Astrology Zodiac Part 2   2:00 - 4:00</p>	<p><b>14</b></p> <p>676   Zumba   1 Hour            677   Zumba   1 Hour            673   Zumba   1 hour            675   Zumba   1 Hour            674   Zumba   1 Hour            706   Healthy Heart   1:00 - 2:30            616   Paper Flower Making Roses   10:00 - 12:00            648   Start Up Yoga   10:30 - 12:00            652   Chair Fitness   12:30 - 1:30            808   Oscar® Time! w/ Andy Friedenber   1:00 - 3:30            762   Care for the Caregiver   6:00 - 7:00</p>	<p><b>15</b></p> <p>656   Get Fit and Stay Strong   12:30 - 1:30            667   Tai Chi Chaun: Beginners   3:00 - 3:40            671   Tai Chi Chuan: Intermediate   4:00 - 4:35</p>	<p><b>16</b></p> <p>669   Tai Chi Chaun: Early Risers   7:30 - 8:05            624   Wood Carving: Bird   8:30 - 10:30            770   Creative Writing   10:00 - 12:00            763   Care for the Caregiver   1:00 - 2:00</p>
<p><b>19</b></p> <p>676   Zumba   1 Hour            677   Zumba   1 Hour            675   Zumba   1 Hour            674   Zumba   1 Hour            673   Zumba   1 hour            656   Get Fit and Stay Strong   12:30 - 1:30</p>	<p><b>20</b></p> <p>669   Tai Chi Chaun: Early Risers   7:30 - 8:05            718   Good vs Evil   10:00 - 12:00            605   Creative Card Making   10:00 - 11:30            815   Spanish I   10:15 - 11:15            659   Line Dancing -- Beginning   11:00 - 12:30            816   Practical Conversational Spanish   11:30 - 12:30            664   Line Dancing -- Just Dance   12:45 - 2:15            817   Spanish II   1:00 - 2:00            785   Mind Fitness Program   2:00 - 3:00            749   Astrology Triplicities &amp; Quadruplicates   2:00-4:00            661   Line Dancing - Evening Beginning   6:00 - 7:30</p>	<p><b>21</b></p> <p>677   Zumba   1 Hour            676   Zumba   1 Hour            673   Zumba   1 hour            674   Zumba   1 Hour            675   Zumba   1 Hour            716   Paul Harvey   10:00 - 11:30            617   Paper Flower Making Carnations   10:00 - 12:00            649   Start Up Yoga   10:30 - 12:00            652   Chair Fitness   12:30 - 1:30            762   Care for the Caregiver   6:00 - 7:00</p>	<p><b>22</b></p> <p>630   ACHD, POLST, RTD. . .What's the Difference            10:00 - 11:30            656   Get Fit and Stay Strong   12:30 - 1:30            781   Medicare Made Easy   1:00 - 2:30            790   Mind Fitness Workshop   2:00 - 3:00            691   Basic Meditation   2:00 - 3:00</p>	<p><b>23</b></p> <p>669   Tai Chi Chaun: Early Risers   7:30 - 8:05            763   Care for the Caregiver   1:00 - 2:00</p>
<p><b>26</b></p> <p>677   Zumba   1 Hour            676   Zumba   1 Hour            674   Zumba   1 Hour            675   Zumba   1 Hour            673   Zumba   1 hour            707   Free Blood Pressure Screening   9:00 - 11:00            656   Get Fit and Stay Strong   12:30 - 1:30</p>	<p><b>27</b></p> <p>718   Good vs Evil   10:00 - 12:00            815   Spanish I   10:15 - 11:15            659   Line Dancing - Beginning   11:00 - 12:30            816   Practical Conversational Spanish   11:30 - 12:30            664   Line Dancing -- Just Dance   12:45 - 2:15            817   Spanish II   1:00 - 2:00            785   Mind Fitness Program   2:00 - 3:00            750   Astrology The Sun   2:00 - 4:00            661   Line Dancing - Evening Beginning   6:00 - 7:30</p>	<p><b>28</b></p> <p>676   Zumba   1 Hour            677   Zumba   1 Hour            673   Zumba   1 hour            675   Zumba   1 Hour            674   Zumba   1 Hour            705   Diabetes   10:00 - 11:30            618   Paper Flower Making Lavender   10:00 - 12:00            649   Start Up Yoga   10:30 - 12:00            652   Chair Fitness   12:30 - 1:30            768   Clear the Clutter   1:00 - 2:30            762   Care for the Caregiver   6:00 - 7:00</p>	<p><b>Who Have YOU Invited?</b></p>  <p>Bring a Friend, Be a Hero!</p>	