

February 2018 | Wellness Center Schedule
 (Please refer to the Spring 2018 catalog or the website for a full listing of classes.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 234 Yoga and Relaxation 9:30 - 10:30 237 Better Balance: Free From Falls 10:45 - 11:45 206 Bone-Building Fitness 12:00 - 1:00 240 Soul Line Dancing - True Beginner 1:15 - 2:15 564 Celtic Music for the Folk Musician 2:30 - 3:30	13 172 Gentle Strength, Balance & Flexibility 9:30 - 10:30 216 Soul Line Dancing 10:45 - 11:45 221 Tappercize for Fun 12:00 - 1:00 192 Restorative Pilates on Tuesdays 1:15 - 2:00	14 249 Qigong for Wellness & Relaxation 9:15 - 10:30 168 Essentrics, Classical Stretch 10:45 - 11:45 162 Noontime Zumba Gold 12:00 - 1:00 560 Basic Improv Workshop 1:15 - 3:15	15 173 Gentle Strength, Balance & Flexibility 9:30 - 10:30 180 T'ai Chi on Thursdays 10:45 - 11:45 187 Line Dancing & Beyond: Improver 12:00 - 1:00 193 Restorative Pilates 1:15 - 2:00	16 181 T'ai Chi on Fridays 9:30 - 10:30 202 Cardio Kickboxing for 50+ 10:45 - 11:45 207 Bone-Building Fitness on Fridays 12:00 - 1:00 213 Stretches & Exercises for a Pain-Free Back & Body 1:15 - 2:15
19 Closed in Observance of Presidents' Day	20 172 Gentle Strength, Balance & Flexibility 9:30 - 10:30 217 Soul Line Dancing 10:45 - 11:45 221 Tappercize for Fun 12:00 - 1:00 192 Restorative Pilates on Tuesdays 1:15 - 2:00	21 249 Qigong for Wellness & Relaxation 9:15 - 10:30 168 Essentrics, Classical Stretch 10:45 - 11:45 162 Noontime Zumba Gold 12:00 - 1:00 560 Basic Improv Workshop 1:15 - 3:15	22 173 Gentle Strength, Balance & Flexibility 9:30 - 10:30 180 T'ai Chi on Thursdays 10:45 - 11:45 187 Line Dancing & Beyond: Improver 12:00 - 1:00 193 Restorative Pilates 1:15 - 2:00	23 181 T'ai Chi on Fridays 9:30 - 10:30 202 Cardio Kickboxing for 50+ 10:45 - 11:45 207 Bone-Building Fitness on Fridays 12:00 - 1:00 213 Stretches & Exercises for a Pain-Free Back & Body 1:15 - 2:15
26 235 Yoga and Relaxation 9:30 - 10:30 238 Better Balance: Free From Falls 10:45 - 11:45 208 Bone-Building Fitness 12:00 - 1:00 240 Soul Line Dancing - True Beginner 1:15 - 2:15 564 Celtic Music for the Folk Musician 2:30 - 3:30	27 172 Gentle Strength, Balance & Flexibility 9:30 - 10:30 217 Soul Line Dancing 10:45 - 11:45 221 Tappercize for Fun 12:00 - 1:00 192 Restorative Pilates on Tuesdays 1:15 - 2:00	28 249 Qigong for Wellness & Relaxation 9:15 - 10:30 168 Essentrics, Classical Stretch 10:45 - 11:45 162 Noontime Zumba Gold 12:00 - 1:00 560 Basic Improv Workshop 1:15 - 3:15		

Who Have YOU Invited?

