

January 2018 | Wellness Center Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 Closed in Observance of Martin Luther King Jr. Day	16 171 Strength, Balance & Flexibility 9:30-10:30 216 Soul Line Dancing 10:45-11:45 220 Tappercize for Fun 12:00-1:00 191 Restorative Pilates on Tuesdays 1:15-2:00 224 Beginning Ballet 2:15-3:15	17 167 Essentrics, Classical Stretch 10:45-11:45 160 Noontime Zumba Gold 12:00-1:00 560 Basic Improv Workshop 1:15-3:15	18 170 Strength, Balance & Flexibility 9:30-10:30 178 T'ai Chi on Thursdays 10:45-11:45 186 Line Dancing and Beyond 12:00-1:00 190 Restorative Pilates 1:15-2:00 224 Beginning Ballet 2:15-3:15	19 179 T'ai Chi on Fridays 9:30-10:30 201 Cardio Kickboxing for 50+ 10:45-11:45 205 Bone-Building Fitness on Fridays 12:00-1:00 212 Pain-Free Back & Body 1:15-2:15 198 Zumba Gold 2:30-3:30
22 234 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	23 171 Strength, Balance & Flexibility 9:30-10:30 216 Soul Line Dancing 10:45-11:45 220 Tappercize for Fun 12:00-1:00 191 Restorative Pilates on Tuesdays 1:15-2:00 224 Beginning Ballet 2:15-3:15	24 167 Essentrics, Classical Stretch 10:45-11:45 160 Noontime Zumba Gold 12:00-1:00 560 Basic Improv Workshop 1:15-3:15	25 170 Strength, Balance & Flexibility 9:30-10:30 178 T'ai Chi on Thursdays 10:45-11:45 186 Line Dancing and Beyond 12:00-1:00 190 Restorative Pilates 1:15-2:00 224 Beginning Ballet 2:15-3:15	26 179 T'ai Chi on Fridays 9:30-10:30 201 Cardio Kickboxing for 50+ 10:45-11:45 205 Bone-Building Fitness on Fridays 12:00-1:00 212 Pain-Free Back & Body 1:15-2:15 245 Walking and Balance 2:30-4:30
29 234 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	30 171 Strength, Balance & Flexibility 9:30-10:30 216 Soul Line Dancing 10:45-11:45 220 Tappercize for Fun 12:00-1:00 191 Restorative Pilates on Tuesdays 1:15-2:00 224 Beginning Ballet 2:15-3:15	31 167 Essentrics, Classical Stretch 10:45-11:45 160 Noontime Zumba Gold 12:00-1:00 560 Basic Improv Workshop 1:15-3:15	<p style="font-size: 1.2em; color: #0056b3;">Bring a Friend, Be a Hero!</p> <p style="font-size: 1.1em; color: #0056b3;">CONTEST TIMELINE January 15 - March 15</p>	

**PLEASE REFER TO THE
SPRING 2018 CATALOG
OR THE WEBSITE FOR
A FULL LISTING OF
JANUARY CLASSES!**



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