



January Fitness Center Class Schedule

2023



Open Swim Tuesday and Thursday 2:00PM. & Saturday 3:00PM

!!!!!!!!!!!!!! **WHO CAN HOLD THE LONGEST GYM STREAK???**

*** **New Beginner Tai Chi Stars 1/16**

*** **POLAR PLUNGE WEEK 1/16-1/20**

GYM AND POOL HOURS 6AM to 8 PM

MON	TUE	WED	THU	FRI
2 EMPLOYEE HOLIDAY NO CLASSES FITNESS CENTER AND POOL OPEN BUT NO CLASSES	3 8:30 Gentle Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics(45) 10:30 Cardio Fit (30) 1:30 Functional Mobility (45) 3:45 Gentle Yoga (45)	4 9:00 Tai Chi (30) 9:30 Beginner Tai Chi (30)*** 10:00 Functional Mobility (45) 11:30 Water Aerobics (45) 12:30 Water Strength & Stride (30) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	5 8:30 Gentle Yoga (60) 9:45 Chair Yoga (45) 9:30 Water Aerobics (45) 1:30 Functional Mobility (45) 3:45 Gentle Yoga (45)	6 9:00 Water Walking (30) 10:00 Cardio Fit (30) 11:00 Water Aerobics (45)
9 9:00 Tai Chi (30) 9:30 Beginner Tai Chi (30)*** 10:00 Functional Mobility (45) 11:30 Water Aerobics (45) 12:30 Water Strength & Stride (30) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	10 8:30 Gentle Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics(45) 10:30 Cardio Fit (30) 1:30 Functional Mobility (45) 3:45 Gentle Yoga (45)	11 9:00 Tai Chi (30) 9:30 Beginner Tai Chi (30)*** 10:00 Functional Mobility (45) 11:30 Water Aerobics (45) 12:30 Water Strength & Stride (30) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	12 8:30 Gentle Yoga (60) 9:45 Chair Yoga (45) 9:30 Water Aerobics (45) 1:30 Functional Mobility (45) 3:45 Gentle Yoga (45)	13 National Rubber Ducky Day! 9:00 Water Walking (30) 10:00 Cardio Fit (30) 11:00 Water Aerobics (45)  DUCK HUNT DAY!
16 Polka Dot Day  9:00 Tai Chi (30) 9:30 NEW Beginner Tai Chi (30)*** 10:00 Functional Mobility (45) 11:30 Water Aerobics (45) 12:30 Water Strength & Stride (30) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	17 Super Hero Day  8:30 Gentle Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics(45) 10:30 Cardio Fit (30) 1:30 Functional Mobility (45) 3:45 Gentle Yoga (45)	18 College Shirt Day  9:00 Tai Chi (30) 9:30 NEW Beginner Tai Chi (30)*** 10:00 Functional Mobility (45) 11:30 Water Aerobics (45) 12:30 Water Strength & Stride (30) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	19 USA Day  8:30 Gentle Yoga (60) 9:45 Chair Yoga (45) 9:30 Water Aerobics (45) 1:30 Functional Mobility (45) 3:45 Gentle Yoga (45)	20 Crazy Hat Day  9:00 Water Walking (30) 10:00 Cardio Fit (30) 11:00 Water Aerobics (45)
23 9:00 Tai Chi (30) 9:30 Beginner Tai Chi (30)*** 10:00 Functional Mobility (45) 11:30 Water Aerobics (45) 12:30 Water Strength & Stride (30) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (45)	24 NO Morning Yoga 9:30 Water Aerobics(45) 10:30 Cardio Fit (30) 1:30 Functional Mobility 3:45 Gentle Yoga (45)	25 9:00 Tai Chi (30) 9:30 Beginner Tai Chi (30)*** 10:00 Functional Mobility (45) 11:30 Water Aerobics (45) 12:30 Water Strength & Stride (30) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	26 8:30 Gentle Yoga (60) 9:45 Chair Yoga (45) 9:30 Water Aerobics (45) 1:30 Functional Mobility (45) 3:45 Gentle Yoga (45)	27 NO CLASSES
28 9:00 Tai Chi (30) 9:30 Beginner Tai Chi (30)*** 10:00 Functional Mobility (45) 11:30 Water Aerobics (45) 12:30 Water Strength & Stride (30) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (45)	29 8:30 Gentle Yoga (60) 9:45 Chair Yoga (30) 9:30 Water Aerobics (45) 10:30 Cardio Fit (30) 1:30 Functional Mobility (45) 3:45 Gentle Yoga (45)	30 Wellness Wednesday 4 PM 9:00 Tai Chi (30) 9:30 Beginner Tai Chi (30)*** 10:00 Functional Mobility (30) 11:30 Water Aerobics (45) 12:30 Water Strength & Stride (30) 1:30 Water Aerobics (45) 3:00 Balance & Stretch (30)	31 8:30 Gentle Yoga (60) 9:45 Chair Yoga (45) 9:30 Water Aerobics (45) 1:30 Functional Mobility (45) 3:45 Gentle Yoga (45)	