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**FEBRUARY**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
8:15am Jazzercise Fusion		8:15am Jazzercise Fusion		8:15am Jazzercise Fusion
8:30am Tai Chi for Arthritis (starts January 23)	8:30am SilverSneakers Classic	8:30am Tai Chi for Arthritis (starts January 23)	8:30am SilverSneakers Classic	
9:15am Jazzercise Lo	9:30am Forever Young	9:15am Jazzercise Lo	9:30am Forever Young	9:15am Jazzercise Lo
10:15am Yoga 2	10:30am Coed Fitness	10:15am Yoga 2	10:30am Coed Fitness	10:15am Yoga 2
11:30am Chair Yoga 1	11:45am Sit N Fit	11:30am Chair Yoga 1	11:45am Sit N Fit	11:30am Chair Yoga 1
1:00pm Chair Volleyball	1:30pm Mat Yoga w/ Anne (starts February 5)	1:00pm Chair Volleyball	1:30pm Mat Yoga (starts February 5)	1:00pm Chair Volleyball
2:10pm REFIT	3:00pm Gentle Mat Yoga	2:10pm REFIT	3:00pm Gentle Mat Yoga	
3:30pm SilverSneakers Circuit		3:30pm SilverSneakers Circuit		
5:00pm Fit @ Five	5:00pm Fit @ Five		5:00pm Fit @ Five	

**Fitness Annex Hours: Mon/Tues/Thurs – 8:00am-6:30pm and Wed/Fri – 8:00am-5:00pm**

**3 day/week classes - \$19 --- 2 day/week classes - \$16 --- Fitness Equipment (no class) - \$16 --- Tai Chi for Arthritis - \$10**

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**FEBRUARY**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
7:15am H2O Power (I)		7:15am H2O Power (I)		7:15am H2O Power (I)
8:30am Cardio Level 2 (M)	8:30am Cardio Level 1 (G)	8:30am Cardio Level 2 (M)	8:30am Cardio Level 1 (G)	
9:30am – 10:30am OPEN POOL	9:30am Cardio Intervals and Arms (I)	9:30am – 10:30am OPEN POOL	9:30am Cardio Intervals and Arms (I)	9:30am – 10:30am OPEN POOL
11:00am Arthritis Foundation Aqua Exercise (G)	11:00am Cardio Level 2 (M)	11:00am Arthritis Foundation Aqua Exercise (G)	11:00am Cardio Level 2 (M)	11:00am Arthritis Foundation Aqua Exercise (G)
2:00pm Silver Splash (M)	2:00pm Cardio Level 1 (G/M)	2:00pm Silver Splash (M)	2:00pm Cardio Level 1 (G/M)	2:00pm Silver Splash (M)
3:00pm – 4:00pm OPEN POOL	3:30pm H2O Power (I)	3:00pm – 4:00pm OPEN POOL	3:30pm H2O Power (I)	3:00pm – 4:00pm OPEN POOL
	5:00pm Aqua Flow (M)		5:00pm Aqua Flow (M)	

**(G) – Gentle ----- (M) – Moderate ----- (I) – Intense**

**3 day/week classes - \$31 --- 2 day/week classes - \$21 --- Open Pool - FREE**