





# February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Fitness Room Hours:</b> M-F 5:30am-8:30pm Sat. 7:00am-6:00pm Sun. CLOSED</p>						<p><b>1</b></p> 
<p><b>2</b></p> 	<p><b>3</b></p> <p>*7:45am TRX 8:30am Circuit Training 4 seniors 9:00am SS Circuit 10:00am Walk with Ease 5:30pm Power Hour 5:30pm Walk with Ease</p>	<p><b>4</b></p> <p>*7:45am TRX-Beginners 8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Science of Stretching 10:00am Walk with Ease</p>	<p><b>5</b></p> <p>*7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance 11:00am Walk with Ease *5:15pm TRX</p>	<p><b>6</b></p> <p>8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 5:30pm Walk with Ease</p>	<p><b>7</b></p> <p>7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 10:00am Walk with Ease 5pm-8pm <i>Pickleball</i></p>	<p><b>8</b></p>
<p><b>9</b></p> 	<p><b>10</b></p> <p>*7:45am TRX 8:30am Circuit Training 4 seniors 9:00am SS Circuit 10:00am Walk with Ease 5:30pm Power Hour 5:30pm Walk with Ease</p>	<p><b>11</b></p> <p>*7:45am TRX-Beginners 8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Science of Stretching 10:00am Walk with Ease</p>	<p><b>12</b></p> <p>*7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance 11:00am Walk with Ease *5:15pm TRX</p>	<p><b>13</b></p> <p>8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 5:30pm Walk with Ease</p>	<p><b>14</b></p> <p>7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 10:00am Walk with Ease 5pm-8pm <i>Pickleball</i></p>	<p><b>15</b></p> 
<p><b>16</b></p>	<p><b>17</b></p> <p>*7:45am TRX 8:30am Circuit Training 4 seniors 9:00am SS Circuit 10:00am Walk with Ease 5:30pm Power Hour 5:30pm Walk with Ease</p>	<p><b>18</b></p> <p>*7:45am TRX-Beginners 8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Science of Stretching 10:00am Walk with Ease</p>	<p><b>19</b></p> <p>*7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance 11:00am Walk with Ease <b>12:30pm Computer Literacy</b> *5:15pm TRX</p>	<p><b>20</b></p> <p>8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 5:30pm Walk with Ease</p>	<p><b>21</b></p> <p>7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 10:00am Walk with Ease 5pm-8pm <i>Pickleball</i></p>	<p><b>22</b></p>
<p><b>23</b></p>	<p><b>24</b></p> <p>*7:45am TRX 8:30am Circuit Training 4 seniors 9:00am SS Circuit 10:00am Walk with Ease 5:30pm Power Hour 5:30pm Walk with Ease</p>	<p><b>25</b></p> <p>*7:45am TRX-Beginners 8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Science of Stretching 10:00am Walk with Ease</p>	<p><b>26</b></p> <p>*7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Beginner Line Dance 11:00am Walk with Ease *5:15pm TRX</p>	<p><b>27</b></p> <p>8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Science of Stretching 5:30pm Power Hour 5:30pm Walk with Ease</p>	<p><b>28</b></p> <p>7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 10:00am Walk with Ease 5pm-8pm <i>Pickleball</i></p>	