
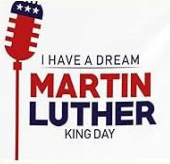


JANUARY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Recreation Center Closed ALL Day	2 8:30am Beginners Chair Yoga 9:00am SS Yoga 5:30pm Power Hour	3 *7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 5pm-8pm <i>Pickleball</i>	4
5	6 *7:45am TRX 8:30am Circuit Training 4 seniors 9:00am SS Circuit 10:30am Walk with Ease 5:30pm Power Hour 5:30pm Walk with Ease	7 *7:45am TRX 8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Flexibility and Mobility 10:00am Walk with Ease 6:30 20/20/20*	8 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Line Dance 11:00am Walk with Ease *5:15pm TRX	9 8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Flexibility and Mobility 5:30pm Power Hour 5:30pm Walk with Ease 6:30 20/20/20*	10 *7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 10:30am Walk with Ease 5pm-8pm <i>Pickleball</i>	11
12 Fitness Room Hours: M-F 5:30am-8:30pm Sat. 7:00am-6:00pm Sun. CLOSED	13 *7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 10:30am Walk with Ease 5:30pm Power Hour 5:30pm Walk with Ease	14 *7:45am TRX 8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Flexibility and Mobility 10:00am Walk with Ease 6:30 20/20/20*	15 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Line Dance 11:00am Walk with Ease 12:30pm Computer Literacy *5:15pm TRX	16 8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Flexibility and Mobility 5:30pm Power Hour 5:30pm Walk with Ease 6:30 20/20/20*	17 *7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 10:30am Walk with Ease 5pm-8pm <i>Pickleball</i>	18
19 	20 *7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 10:30am Walk with Ease 5:30pm Power Hour 5:30pm Walk with Ease	21 *7:45am TRX 8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Flexibility and Mobility 10:00am Walk with Ease 6:30 20/20/20*	22 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Line Dance 11:00am Walk with Ease *5:15pm TRX	23 8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Flexibility and Mobility 5:30pm Power Hour 5:30pm Walk with Ease 6:30 20/20/20*	24 *7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 10:30am Walk with Ease 5pm-8pm <i>Pickleball</i>	25
26	27 *7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 10:30am Walk with Ease 5:30pm Power Hour 5:30pm Walk with Ease	28 *7:45am TRX 8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Flexibility and Mobility 10:00am Walk with Ease 6:30 20/20/20*	29 *7:45am TRX 9:00am SS Classic 9am-12pm <i>Pickleball</i> *10am Senior Bowling 10am Line Dance 11:00am Walk with Ease *5:15pm TRX	30 8:30am Beginners Chair Yoga 9:00am SS Yoga 10:00am Flexibility and Mobility 5:30pm Power Hour 5:30pm Walk with Ease 6:30 20/20/20*	31 *7:45am TRX 8:30am Circuit Training 4 Seniors 9:00am SS Circuit 9am-12pm <i>Pickleball</i> 10:30am Walk with Ease 5pm-8pm <i>Pickleball</i>	