



Senior Program Schedule



Feb 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3	4 9am – Senior Yoga w Carol Ann 11.30am – Senior Fitness w Earl	5 8.30am - Tai Chi w Earl 9.30am – Zumba G w Mia	6 9am – Senior Yoga w Carol Ann	7	8 9am - Zumba G w Mia	9
10	11 9am – Senior Yoga w Carol Ann 11.30am – Senior Fitness w Earl	12 8.30am - Tai Chi w Earl 9.30am – Zumba G w Mia	13 9am – Senior Yoga w Carol Ann	14	15 9am - Zumba G w Mia	16
17	18 9am – Senior Yoga w Carol Ann 11.30am – Senior Fitness w Earl	19 8.30am - Tai Chi w Earl 9.30am – Zumba G w Mia	20 9am – Senior Yoga w Carol Ann	21	22 9am - Zumba G w Mia	23
24	25 9am – Senior Yoga w Carol Ann 11.30am – Senior Fitness w Earl	26 8.30am - Tai Chi w Earl 9.30am – Zumba G w Mia	27 9am – Senior Yoga w Carol Ann	28		