

# February Fitness

						1 10:30 a.m. You Tube Sit & Fit
2	3 No Fitness Classes	4 12:30 pm Silver Sneakers	5 9 am Functional Fitness	6 1 pm Silver Sneakers *Later time	7 10 am Hot Hula Fitness	8 10:30 a.m. You Tube Sit & Fit
9	10 9 am Functional Fitness 11:30 Silver Sneakers	11 12:30 pm Silver Sneakers	12 9 am Functional Fitness	13 11:30 am Chair Yoga & Meditation	14 10 am Hot Hula Fitness	15 10:30 a.m. You Tube Sit & Fit
16	17 9 am Functional Fitness 11:30 am Chair Yoga	18 12:30 pm Silver Sneakers	19 9 am Functional Fitness 10 am Gym Coaching Class (signup required)	20 11:30 am Chair Yoga & Meditation	21 10 am Hot Hula Fitness	22 10:30 a.m. You Tube Sit & Fit
23	24 9 am Functional Fitness 11:30 am Chair Yoga	25 12:30 pm Silver Sneakers	26 9 am Functional Fitness	27 11:30 am Chair Yoga & Meditation	28 10 am Hot Hula Fitness	