

# Seniors

## February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8:30 Senior Stretch Rebecca  <b>Happy            Birthday Beth!</b> 	2
3	4 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	5	6 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	7 9:30 Yoga {upstairs} Rebecca	8 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Senior Weight Training Beth	9
10	11 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	12	13 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	14 9:30 Yoga {upstairs} Rebecca	15 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Senior Weight Training Beth	16
17	18 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	19	20 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	21 9:30 Yoga {upstairs} Rebecca	22 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Senior Weight Training Beth	23
24	25 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	26	27 8:30 S. Sneakers Beth 9:30 S. Sneakers Beth 10:30 Adv. Sr. Mixx Beth	28 9:30 Yoga {upstairs} Rebecca		