





# VITALITY CENTER CLASSES

# FEBRUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<h2>February Heart Healthy Tips!</h2> <div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p><b>Exercise</b></p> <p>Take Time to Relax in Nature Connect with Friends and Family Keep Conversations Positive</p> </div> <div style="width: 20%; text-align: center;">  </div> <div style="width: 30%;"> <p><b>Eat more Heart-Healthy Foods</b></p> <p>Get 6-8 Hours of Sleep at Night Keep Negativity Away Laugh, Smile and Play!</p> </div> </div>			1	2	3
				6:00-9:00 Open Swim	Pool Hours: 6:00am-4:00pm	Pool Hours: 6:30-10:30am
				7:30 Advanced Balance	6:00-9:00 Open Swim	6:30-9:00 Open Swim
				10:00 Sit, Stretch & Tone	9:00 Water Fitness Class	9:00 Water Walking
				11:00 Brain Fitness	10:00 Sit, Stretch & Tone	10:30-4:00 Open Wii Bowling
				1:00 Water Walking	11:00 Cardio Tone	
				3:00-4:30 Open Wii Bowling	3:00-4:30 Open Wii Bowling	
4	5	6	7	8	9	10
Pool Hours: 6:30-10:30am	6:00-9:00 Open Swim	6:00-9:00 Open Swim	6:00-9:00 Open Swim	6:00-9:00 Open Swim	Pool Hours: 6:00am-4:00pm	Pool Hours: 6:30-10:30am
6:30-9:00 Open Swim	9:00 Water Fitness	7:30 Advanced Balance	9:00 Water Balance Class	7:30 Advanced Balance	6:00-9:00 Open Swim	6:30-9:00 Open Swim
9:00 Water Walking	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone	9:00 Water Fitness Class	9:00 Water Walking
10:30-4:00 Open Wii Bowling	11:00 Stretch, Stand & Lift	11:00 Chair Aerobics	11:00 Gentle Yoga	11:00 Brain Fitness	10:00 Sit, Stretch & Tone	10:30-4:00 Open Wii Bowling
	3:00-4:30 Open Wii Bowling	1:00 Water Walking	1:00 Managing Memory	1:00 Water Walking	11:00 Cardio Tone	
		2:00 Advanced Exercise	3:00-4:30 Open Wii Bowling	2:00 Advanced Exercise	3:00-4:30 Open Wii Bowling	
		3:00-4:30 Open Wii Bowling		3:00-4:30 Open Wii Bowling		
11	12	13	14	15	16	17
Pool Hours: 6:30-10:30am	6:00-9:00 Open Swim	6:00-9:00 Open Swim	6:00-9:00 Open Swim	6:00-9:00 Open Swim	Pool Hours: 6:00am-4:00pm	Pool Hours: 6:30-10:30am
6:30-9:00 Open Swim	9:00 Water Fitness Class	7:30 Advanced Balance	9:00 Water Balance Class	7:30 Advanced Balance	6:00-9:00 Open Swim	6:30-9:00 Open Swim
9:00 Water Walking	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone	9:00 Water Fitness Class	9:00 Water Walking
10:30-4:00 Open Wii Bowling	11:00 Stretch, Stand & Lift	11:00 Chair Aerobics	11:00 Gentle Yoga	11:00 Brain Fitness	10:00 Sit, Stretch & Tone	10:30-4:00 Open Wii Bowling
	3:00-4:30 Open Wii Bowling	1:00 Water Walking	3:00-4:30 Open Wii Bowling	1:00 Water Walking	11:00 Cardio Tone	
		2:00 Advanced Exercise		2:00 Advanced Exercise	3:00-4:30 Open Wii Bowling	
		3:00-4:30 Open Wii Bowling		3:00-4:30 Open Wii Bowling		
18	19	20	21	22	23	24
Pool Hours: 6:30-10:30am	6:00-9:00 Open Swim	6:00-9:00 Open Swim	6:00-9:00 Open Swim	6:00-9:00 Open Swim	Pool Hours: 6:00am-4:00pm	Pool Hours: 6:30-10:30am
6:30-9:00 Open Swim	9:00 Water Fitness	7:30 Advanced Balance	9:00 Water Balance Class	7:30 Advanced Balance	6:00-9:00 Open Swim	6:30-9:00 Open Swim
9:00 Water Walking	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone	9:00 Water Fitness Class	9:00 Water Walking
10:30-4:00 Open Wii Bowling	11:00 Stretch, Stand & Lift	11:00 Chair Aerobics	11:00 Gentle Yoga	11:00 Brain Fitness	10:00 Sit, Stretch & Tone	10:30-4:00 Open Wii Bowling
	3:00-4:30 Open Wii Bowling	1:00 Water Walking	3:00-4:30 Open Wii Bowling	1:00 Water Walking	11:00 Cardio Tone	
		2:00 Advanced Exercise		2:00 Advanced Exercise	3:00-4:30 Open Wii Bowling	
		3:00-4:30 Open Wii Bowling		3:00-4:30 Open Wii Bowling		
25	26	27	28	<b>FEBRUARY HIGHLIGHTS</b>		
Pool Hours: 6:30-10:30am	6:00-9:00 Open Swim	6:00-9:00 Open Swim	6:00-9:00 Open Swim	 <p><b>ADVANCED EXERCISE</b> Starting Feb. 6th <b>TUESDAYS AND THURSDAYS</b> AT 2:00 PM</p>	<p><b>PERSONAL TRAINING</b> BY APPOINTMENT <b>TUESDAYS AND THURSDAYS</b></p> 	<p><b>*SENIOR FITNESS TEST</b> *1 ON 1'S By Appointment Only Call ext. 4011</p>
6:30-9:00 Open Swim	9:00 Water Fitness	7:30 Advanced Balance	9:00 Water Balance Class			
9:00 Water Walking	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone	10:00 Sit, Stretch & Tone			
10:30-4:00 Open Wii Bowling	11:00 Stretch, Stand & Lift	11:00 Chair Aerobics	11:00 Gentle Yoga			
	3:00-4:30 Open Wii Bowling	1:00 Water Walking	3:00-4:30 Open Wii Bowling			
		2:00 Advanced Exercise				
		3:00-4:30 Open Wii Bowling				