






VITALITY CENTER CLASSES

February 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		<p>FEBRUARY IS HEART AWARENESS MONTH</p> <p>It is never too late to add exercise to your daily routines!</p> <p>The VITALITY CENTER offers many classes to choose from PLUS cardio equipment, free weights, a cable machine, bands, tubes and a universal weight machine.</p> <p>Please contact Toni in the Vitality Center for help!</p>					1
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3	4	5	6	7	8	9	
6am-6pm Open Swim	6:00-9:00 Open Swim	6:00 am Open Swim	6:00 am Open Swim	6:00 am Open Swim	6:00-9:00 Open Swim	6 am-6 pm Open Swim	
11:00-4:00 Open Wii Bowling	9:00 Water Fitness	8:30 Advanced Balance	9:00 Water Fitness	8:30 Advanced Balance	9:00 Water Fitness	10-10:30 Learn to play Wii	
	10:00 Sit, Stretch & Tone	10:00 Assisted Exercise	10:00 Sit, Stretch & Tone	10:00 Assisted Exercise	10:00 Sit, Stretch & Tone	10:30-4:00 Open Wii Bowling	
	11:00 Stretch, Stand & Lift	10:00 Stretching (2L)	11:00 Stretch & Core	10:00 Stretching (2L)	11:00 Agility Work		
	3:00-4:30 Open Wii Bowling	11:00 Essential Strength	1:00 Water Walking	11:00 Total Bands	3:00-4:30 Open Wii Bowling		
		1:00 Water Walking	3:00-4:30 Open Wii Bowling	1:00 Water Walking			
		1:45 Advanced Exercise		1:45 Advanced Exercise			
		3:00-4:30 Open Wii Bowling		3:00-4:30 Open Wii Bowling			
10	11	12	13	14	15	16	
6am-6pm Open Swim	6:00-9:00 Open Swim	6:00 am Open Swim	6:00-9:00 Open Swim	6:00 am Open Swim	6:00-9:00 Open Swim	6 am-6 pm Open Swim	
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	10:00 Sit, Stretch & Tone	10:00 Assisted Exercise	10:00 Sit, Stretch & Tone	10:00 Assisted Exercise	10:00 Sit, Stretch & Tone	10:30-4:00 Open Wii Bowling	
	11:00 Stretch, Stand & Lift	10:00 Stretching (2L)	11:00 Stretch & Core	10:00 Stretching (2L)	11:00 Cardio Tone		
	3:00-4:30 Open Wii Bowling	11:00 Essential Strength	1:00 Water Walking	11:00 Total Bands	3:00-4:30 Open Wii Bowling		
		1:00 Water Walking	3:00-4:30 Open Wii Bowling	1:00 Water Walking			
		1:45 Advanced Exercise		1:45 Advanced Exercise			
		3:00-4:30 Open Wii Bowling		3:00-4:30 Open Wii Bowling			
17	18	19	20	21	22	23	
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		3:00-4:30 Open Wii Bowling		3:00-4:30 Open Wii Bowling			
24	25	26	27	28			
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		1:45 Advanced Exercise		1:45 Advanced Exercise			
		3:00-4:30 Open Wii Bowling		3:00-4:30 Open Wii Bowling			