

January 2019 Exercise Classes



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| 9:30AM - TOTAL BODY WORKOUT - EXERCISE ROOM 1015 - MATT | 9:30AM - CIRCUIT TRAINING - CURVES GYM MATT | 9:30AM - TOTAL BODY WORKOUT - EXERCISE ROOM 1015 - MATT | 9:30AM - CIRCUIT TRAINING - CURVES GYM - MATT | 9:30AM - TOTAL BODY WORKOUT - EXERCISE ROOM 1015 - MATT |
| 9:30AM - AQUA AEROBICS - POOL SULEKHA | 12PM - FOREVER YOUNG JOINTS - EXERCISE ROOM 1015 - MATT | 10:30AM - BALANCE AND FALL PREVENTION - EXERCISE ROOM 1015 -MATT | 11AM - TAI CHI - EXERCISE ROOM 1015 SULEKHA | 10:30AM - BALANCE and FALL PREVENTION - EXERCISE ROOM 1015 - MATT |
| 12PM - CHAIROBICS - EXERCISE ROOM 1015 - MATT | 3PM - CHAIR YOGA - EXERCISE ROOM 1015 - SULEKHA | 12PM - CHAIROBICS - EXERCISE ROOM 1015 - MATT | 12PM - FOREVER YOUNG JOINTS - EXERCISE ROOM 1015 - MATT | 12PM - CHAIROBICS - EXERCISE ROOM 1015 - MATT |
| | | 1:30PM - A STEP AHEAD - BALANCE EXERCISE - EXERCISE ROOM 1015 - DEREK | | 3PM - LINE DANCING CLASS - EXERCISE ROOM 1015 - SULEKHA |