

# Wellness Calendar January 2018

<b>Wellness Calendar</b>  <b>January 2018</b>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>New Year's Day – No Classes</b>	<b>2</b> 8:00 Challenge Yoga 9:00 Aqua Class 9:00 Chair Yoga 9:00 Falls Avoidance 10:30 Tai Chi	<b>3</b> 8:00 Intermediate Yoga 9:00 Stretch & Tone 11:00 Posture w/ Phil	<b>4</b> 8:00 Video Aerobics 9:00 Aqua Class 9:00 Chair Yoga 9:00 Falls Avoidance 10:30 Tai Chi	<b>5</b> 8:00 Gentle Yoga 9:00 Stretch & Tone 11:00 Posture w/ Phil 1:30 Gentle Movement Aqua Class	<b>6</b> 9:00 Aqua Class 10:30 Tai Chi 11:00 Yoga with Judy
	<b>8</b> 8:00 Video Pilates 9:00 Aqua Class 9:00 Stretch & Tone 11:00 Movement w/ Robin 1:00 Meditation	<b>9</b> 8:00 Challenge Yoga 9:00 Aqua Class 9:00 Chair Yoga 9:00 Falls Avoidance 10:30 Tai Chi	<b>10</b> 8:00 Intermediate Yoga 9:00 Stretch & Tone 11:00 Posture w/ Phil	<b>11</b> 8:00 Video Aerobics 9:00 Aqua Class 9:00 Chair Yoga 9:00 Falls Avoidance 10:30 Tai Chi	<b>12</b> 8:00 Gentle Yoga 9:00 Stretch & Tone 11:00 Posture w/ Phil 1:30 Gentle Movement Aqua Class	<b>13</b> 9:00 Aqua Class 10:30 Tai Chi 11:00 Yoga with Judy
	<b>15</b> 8:00 Video Pilates 9:00 Aqua Class 9:00 Stretch & Tone 11:00 Movement w/ Robin 1:00 Meditation	<b>16</b> 8:00 Challenge Yoga 9:00 Aqua Class 9:00 Chair Yoga 9:00 Falls Avoidance 10:30 Tai Chi	<b>17</b> <b>Power to Change Day</b> 8:00 Intermediate Yoga 9:00 Stretch & Tone 11:00 Posture w/ Phil	<b>18</b> 8:00 Video Aerobics 9:00 Aqua Class 9:00 Chair Yoga 9:00 Falls Avoidance 10:30 Tai Chi	<b>19</b> 8:00 Gentle Yoga 9:00 Stretch & Tone 11:00 Posture w/ Phil 1:30 Gentle Movement Aqua Class	<b>20</b> 9:00 Aqua Class 10:30 Tai Chi 11:00 Yoga with Judy
	<b>22</b> 8:00 Video Pilates 9:00 Aqua Class 9:00 Stretch & Tone 11:00 Movement w/ Robin 1:00 Meditation	<b>23</b> 8:00 Challenge Yoga 9:00 Aqua Class 9:00 Chair Yoga 9:00 Falls Avoidance 10:30 Tai Chi	<b>24</b> 8:00 Intermediate Yoga 9:00 Stretch & Tone 11:00 Posture w/ Phil 12:00 Lunch and Learn	<b>25</b> 8:00 Video Aerobics 9:00 Aqua Class 9:00 Chair Yoga 9:00 Falls Avoidance 10:30 Tai Chi	<b>26</b> 8:00 Gentle Yoga 9:00 Stretch & Tone 11:00 Posture w/ Phil 1:30 Gentle Movement Aqua Class	<b>27</b> 9:00 Aqua Class 10:30 Tai Chi 11:00 Yoga with Judy
	<b>29</b> 8:00 Video Pilates 9:00 Aqua Class 9:00 Stretch & Tone 11:00 Movement w/ Robin 1:00 Meditation	<b>30</b> 8:00 Challenge Yoga 9:00 Aqua Class 9:00 Chair Yoga 9:00 Falls Avoidance 10:30 Tai Chi	<b>31</b> 8:00 Intermediate Yoga 9:00 Stretch & Tone 11:00 Posture w/ Phil 3:00 Book Club w/ Anita	<b>For More Information Contact</b> <b>Anita Levitz</b> <b>Nutrition and Wellness</b> <b>Coordinator</b> <b>x 5556</b>		

*Please See Reverse Side of Calendar  
for Class Locations*