

2023

February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	01	02	03	04
			#Low Impact Aerobics 8:30AM-9:30AM #Zumba 9:30-10:30AM Mah Jongg 1PM-4PM Bingo 7PM	#Tai Chi 9AM-10AM #Water Aerobics 10:30AM-11:30AM Bridge 10:15AM-12:15PM	#Yoga 10AM Happy Hour 5PM	
05	06	07	08	09	10	11
	#Low impact Aerobics 8:30AM-9:30AM #Zumba 9:30-10:30 AM *Game Day 10AM-5PM Bridge 7PM	#Tai Chi 9AM-10AM #Water Aerobics 10:30AM-11:30AM Bridge 10:15AM-12:15PM	#Low Impact Aerobics 8:30AM-9:30AM #Zumba 9:30-10:30AM Mah Jongg 1PM-4PM Bingo 7PM	#Tai Chi 9AM-10AM #Water Aerobics 10:30AM-11:30AM Bridge 10:15AM-12:15PM	#Yoga 10AM Happy Hour 5PM	
12	13	14	15	16	17	18
Superbowl Tailgate Party 5PM	#Low impact Aerobics 8:30AM-9:30AM #Zumba 9:30-10:30 AM *Game Day 10AM-5PM Bridge 7PM	#Tai Chi 9AM-10AM #Water Aerobics 10:30AM-11:30AM Bridge 10:15AM-12:15PM	#Low Impact Aerobics 8:30AM-9:30AM #Zumba 9:30-10:30AM Mah Jongg 1PM-4PM Bingo 7PM	#Tai Chi 9AM-10AM #Water Aerobics 10:30AM-11:30AM Bridge 10:15AM-12:15PM Life Long Learning Speaker: Terran McGinnis from	#Yoga 10AM Happy Hour 5PM	
19	20	21	22	23	24	25
	#Low impact Aerobics 8:30AM-9:30AM #Zumba 9:30-10:30 AM *Game Day 10AM-5PM Bridge 7PM	#Tai Chi 9AM-10AM #Water Aerobics 10:30AM-11:30AM Bridge 10:15AM-12:15PM Mardi Gras Party 5PM	#Low Impact Aerobics 8:30AM-9:30AM #Zumba 9:30-10:30AM Mah Jongg 1PM-4PM Bingo 7PM	#Tai Chi 9AM-10AM #Water Aerobics 10:30AM-11:30AM Bridge 10:15AM-12:15PM	#Yoga 10AM Happy Hour 5PM	
26	27	28	01	02	03	04
	#Low impact Aerobics 8:30AM-9:30AM #Zumba 9:30-10:30 AM *Game Day 10AM-5PM Book Club 7PM	#Tai Chi 9AM-10AM #Water Aerobics 10:30AM-11:30AM Bridge 10:15AM-12:15PM				

05

06

Notes:

Low Impact Aerobics: Betsy

Zumba: Tracy

Tai Chi: Wanda

Yoga: Julia

Water Aerobics: Wanda

- Events that require a wrist band * -must supply your own games & players

