

February 2025

>Classes in **RED** will be held at the **Lakeside Essence Lounge**.

>Classes in **BLUE** will be held at the **Oakside Group Exercise Room**

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga	4 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	5 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy	6 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 B.B.B. (Brain, Body, Balance)	7 8:15 Fitness 9:00 Fitness 10:00 Heart Walk 2:00 Meditation
10 8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga	11 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	12 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy	13 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 B.B.B.	14 8:15 Fitness 9:00 Fitness 10:00 Heart Walk 2:00 Meditation
17 8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga	18 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	19 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy	20 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 B.B.B.	21 8:15 Fitness 9:00 Fitness 10:00 Heart Walk 2:00 Meditation
24 8:15 Fitness 9:00 Fitness 10:30 Exercising with therapy 2:30 Combo Yoga	25 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 Sit and B Fit 1:30 Tai Chi	26 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercising with therapy	27 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:00 Bone Builders 1:00 B.B.B.	28 8:15 Fitness 9:00 Fitness 10:00 Heart Walk 2:00 Meditation