

February 2024				
Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> ➤ Classes highlighted in blue are held in the Oakside group exercise room ➤ Classes highlighted in red are held in the lakeside essence lounge ➤ Wear Red Day Friday February 2nd raise awareness for Heart Disease ➤ Sunday February 4th World Cancer Day 			1 9:15 Seated Yoga 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit	2 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation practice group
5 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Combo Yoga	6 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi	7 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercisin' with therapy	8 9:15 Seated Yoga 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit	9 8:15 Fitness 9:00 Fitness 10:00 Water In Motion 2:00 Meditation practice group
12 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Combo Yoga	13 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi	14 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercisin' with therapy	15 9:15 Seated Yoga 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit	16 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation practice Group
19 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Yoga Cancelled	20 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi	21 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercisin' with therapy	22 9:15 Seated Yoga 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit	23 8:15 Fitness 9:00 Fitness 10:00 Water In Motion 2:00 Mediation practice group
26 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Combo Yoga	27 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi	28 8:15 Fitness 9:00 Fitness 2:00 Exercisin' with therapy	29 9:15 Seated Yoga 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit	