

**January 2024**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</b>  <b>No Fitness Classes</b>	<b>2</b> 10:00 Water Fitness 10:30 Combo Yoga <b>11:30 Bone Builders</b> 1:00 Sit and b fit <b>1:30 Tai Chi</b>	<b>3</b> 8:15 Fitness 9:00 Fitness 2:00 Exercisin' with therapy	<b>4</b> 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga <b>11:30 Bone Builders</b> 1:00 Sit and b fit	<b>5</b> 8:15 Fitness 9:00 Fitness <b>10:30 Water in Motion</b> 2:00 Meditation practice group
<b>8</b> 8:15 Fitness 9:00 Fitness <b>10:30 Exercisin' with therapy</b> <b>2:30 Combo Yoga</b>	<b>9</b> 10:00 Water Fitness 10:30 Combo Yoga <b>11:30 Bone Builders</b> 1:00 Sit and b fit <b>1:30 Tai Chi</b>	<b>10</b> 8:15 Fitness 9:00 Fitness <b>9:30 Ageless Grace</b> 2:00 Exercisin' with therapy	<b>11</b> 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga <b>11:30 Bone Builders</b> 1:00 Sit and b fit	<b>12</b> 8:15 Fitness 9:00 Fitness <b>10:30 Water in Motion</b> 2:00 Meditation practice group
<b>15</b> 8:15 Fitness 9:00 Fitness <b>10:30 Exercisin' with therapy</b> <b>2:30 Combo Yoga</b>	<b>16</b> 10:00 Water Fitness 10:30 Combo Yoga <b>11:30 Bone Builders</b> 1:00 Sit and B fit <b>1:30 Tai Chi</b>	<b>17</b> 8:15 Fitness 9:00 Fitness <b>10:00 Seated Flow</b> 2:00 Exercisin' with therapy	<b>18</b> 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga <b>11:30 Bone Builders</b> 1:00 Sit and b fit	<b>19</b> 8:15 Fitness 9:00 Fitness <b>10:30 Water in Motion</b> 2:00 Meditation practice group
<b>22</b> 8:15 Fitness 9:00 Fitness <b>10:30 Exercisin' with therapy</b> <b>2:30 Combo Yoga</b>	<b>23</b> 10:00 Water Fitness 10:30 Combo Yoga <b>11:30 Bone Builders</b> 1:00 Sit and b fit <b>1:30 Tai Chi</b>	<b>24</b> 8:15 Fitness 9:00 Fitness <b>10:00 Seated Flow</b> 2:00 Exercisin' with therapy	<b>25</b> 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga <b>11:30 Bone Builders</b> 1:00 Sit and b fit	<b>26</b> 8:15 Fitness 9:00 Fitness <b>10:30 Water in Motion</b> 2:00 Meditation practice group
<b>29</b> 8:15 Fitness 9:00 Fitness <b>10:30 Exercisin' with therapy</b> <b>2:30 Combo Yoga</b>	<b>30</b> 10:00 Water Fitness 10:30 Combo Yoga <b>11:30 Bone Builders</b> 1:00 Sit and b fit <b>1:30 Tai Chi</b>	<b>31</b> 8:15 Fitness 9:00 Fitness <b>10:00 Seated Flow</b> 2:00 Exercisin' with therapy	<ul style="list-style-type: none"> <li>➤ Classes highlighted in blue are held in the Oakside group exercise room</li> <li>➤ Classes highlighted in red are held in the lakeside essence lounge</li> <li>➤ Seated flow is held in the Lakeside Essence lounge no sign up required all ability levels welcome.</li> </ul>	