

# January - Zone 2

Mon	Tue	Wed	Thu	Fri
<p>2 <b>CLOSED FOR NEW YEARS</b></p> 	<p>3 <b>CLOSED</b></p>	<p>4 <b>CLOSED</b></p>	<p>5 <b>CLOSED</b></p>	<p>6 <b>CLOSED</b></p>
<p>9 8:15-9:10 Balls and Bands for a Better Body 10:30-11:25 Tai Chi for Energy</p>	<p>10 8:15-9:10 Sit &amp; B Fit 10:30-11:25 Revitalizing Chair Yoga</p>	<p>11 8:15-9:10 Cardio &amp; Weights 10:30-11:25 Flow Tai Chi 12:30-1:25 Tai Chi for Health</p>	<p>12 8:15-9:10 Sustainable Stability 11:15-12:10 Silver Sneakers 12:30-1:25 Revitalizing Chair Yoga</p>	<p>13 8:15-9:10 Mat Yoga for Strength 9:30-10:25 Qi Gong Energy 10:30-11:25 Sit &amp; B Fit</p>
<p>16 8:15-9:10 Balls and Bands for a Better Bod 10:30-11:25 Tai Chi for Energy</p>	<p>17 8:15-9:10 Sit &amp; B Fit 10:30-11:25 Revitalizing Chair Yoga</p>	<p>18 8:15-9:10 Cardio &amp; Weights 10:30-11:25 Flow Tai Chi 12:30-1:25 Tai Chi for Health</p>	<p>19 8:15-9:10 Sustainable Stability 11:15-12:10 Silver Sneakers 12:30-1:25 Revitalizing Chair Yoga</p>	<p>20 8:15-9:10 Mat Yoga for Strength 9:30-10:25 Qi Gong Energy 10:30-11:25 Sit &amp; B Fit</p>
<p>23 8:15-9:10 Balls and Bands for a Better Body 10:30-11:25 Tai Chi for Energy</p>	<p>24 8:15-9:10 Sit &amp; B Fit 10:30-11:25 Revitalizing Chair Yoga</p>	<p>25 8:15-9:10 Cardio &amp; Weights 10:30-11:25 Flow Tai Chi 12:30-1:25 Tai Chi for Health</p>	<p>26 8:15-9:10 Sustainable Stability 11:15-12:10 Silver Sneakers 12:30-1:25 Revitalizing Chair Yoga</p>	<p>27 8:15-9:10 Mat Yoga for Strength 9:30-10:25 Qi Gong Energy 10:30-11:25 Sit &amp; B Fit</p>
<p>30 8:15-9:10 Balls and Bands for a Better Body 10:30-11:25 Tai Chi for Energy</p>	<p>31 8:15-9:10 Sit &amp; B Fit 10:30-11:25 Revitalizing Chair Yoga</p>		<p><b><u>WINTER HOURS</u></b>  <b>MON.-FRI. 8AM-5PM</b></p>	