

SUN	MON		TUE		WED		THUR		FRI		SAT		
New Year's Day All Classes Canceled	1	All Classes Canceled	2	All Classes Canceled	3	All Classes Canceled	4	All Classes Canceled	5	All Classes Canceled	6	8:30 AM Water Aerobics w/ Nancy Jern (POOL)	7
	8	9:30 AM Exercise Class with Jane Myers (AUD)	9	8:30 AM Water Aerobics w/ Nancy Jern (POOL) 9:15 AM Gentle Yoga with Nancy Jern (AUD) 10:30 AM Exercise with Maribel Burke (AUD)	10	9:30 AM Fitness Class with Jane Myers (AUD) 1:30 PM Line Dance Classes with Nancy Anthony (AUD)	11	8:30 AM Water Aerobics (POOL) 9:15 AM Tai Chi w/ Brian (AUD) 10:30 AM Gentle Chair Pilates & Stretch with Brian Sutton (AUD)	12	9:15 AM Tai Chi w/ Brian (AUD) 10:30 AM Exercise with Maribel Burke (AUD)	13	8:30 AM Water Aerobics w/ Nancy Jern (POOL)	14
	15	Martin Luther King Jr. Day 9:30 AM Exercise Class with Jane Myers (AUD)	16	8:30 AM Water Aerobics w/ Nancy Jern (POOL) 9:15 AM Gentle Yoga with Nancy Jern (AUD) 10:30 AM Exercise with Maribel Burke (AUD)	17	9:30 AM Fitness Class with Jane Myers (AUD) 1:30 PM Line Dance Classes with Nancy Anthony (AUD)	18	8:30 AM Water Aerobics (POOL) 9:15 AM Tai Chi w/ Brian (AUD) 10:30 AM Gentle Chair Pilates & Stretch with Brian Sutton (AUD)	19	9:15 AM Tai Chi w/ Brian (AUD) 10:30 AM Exercise with Maribel Burke (AUD)	20	8:30 AM Water Aerobics w/ Nancy Jern (POOL)	21
Chinese New Year	22	9:30 AM Exercise Class with Jane Myers (AUD)	23	8:30 AM Water Aerobics w/ Nancy Jern (POOL) 9:15 AM Gentle Yoga with Nancy Jern (AUD) 10:30 AM Exercise with Maribel Burke (AUD)	24	9:30 AM Fitness Class with Jane Myers (AUD) 1:30 PM Line Dance Classes with Nancy Anthony (AUD)	25	8:30 AM Water Aerobics (POOL) 9:15 AM Tai Chi w/ Brian (AUD) 10:30 AM Gentle Chair Pilates & Stretch with Brian Sutton (AUD)	26	9:15 AM Tai Chi w/ Brian (AUD) 10:30 AM Exercise with Maribel Burke (AUD)	27	8:30 AM Water Aerobics w/ Nancy Jern (POOL)	28
	29	9:30 AM Exercise Class with Jane Myers (AUD)	30	8:30 AM Water Aerobics w/ Nancy Jern (POOL) 9:15 AM Gentle Yoga with Nancy Jern (AUD) 10:30 AM Exercise with Maribel Burke (AUD)	31							LOCATION KEY AUD - Auditorium POOL - Pool	

January 2023