

January 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
	Silver Sneakers Stability 11:00-11:45	Morning Mobility 9:00-9:30 a.m.	Silver Sneakers Classic 1:30-2:15		Chair Yoga 11:30-12:00	
	No Class			Circuit City 5:30-6:15 p.m.		
9	10	11	12	13	14	15
	Silver Sneakers Stability 11:00-11:45	Morning Mobility 9:00-9:30 a.m.	Silver Sneakers Classic 1:30-2:15	Silver Sneakers Classic 10:00-10:45	Chair Yoga 11:30-12:00	
	Yoga Flow 5:30-6:30 p.m.			Circuit City 5:30-6:15 p.m.		
16	17	18	19	20	21	22
	Silver Sneakers Stability 11:00-11:45	Morning Mobility 9:00-9:30 a.m.	Silver Sneakers Classic 1:30-2:15	Silver Sneakers Classic 10:00-10:45	Chair Yoga 11:30-12:00	
	Yoga Flow 5:30-6:30 p.m.			Circuit City 5:30-6:15 p.m.		
23	24	25	26	27	28	29
	Silver Sneakers Stability 11:00-11:45	Morning Mobility 9:00-9:30 a.m.	Silver Sneakers Classic 1:30-2:15	Silver Sneakers Classic 10:00-10:45	Chair Yoga 11:30-12:00	
	Yoga Flow 5:30-6:30 p.m.	Oula One 5:30 p.m.		Circuit City 5:30-6:15 p.m.		
30	31	Notes				
	Silver Sneakers Stability 11:00-11:45					
	Yoga Flow 5:30-6:30 p.m.					