JANUARY 2020

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
Location Key: Pointe(**P**) Indoor Park(**IP**) Gerwulf Center(**GC**) Chapel(**C**) Bayberry(**BB**) Berstein Center(**BC**) Sunlight Center (**SLC**) Fountainview Dining Room (**FVDR**)			**1 New Year's Day** **No Classes Today**	**2** **9am-** Chair Yoga (P) **10am-** Active Mind (IP) **11am-** Balance (GC) **1:15pm-** Brain Power (IP) **3pm-** Brain Power (GC)	**3** **9am-** Tone Zone (P) **10am-** Balance Fitness (C) **11am-** Tone Zone (GC) **1pm-** Wellness (BB)	**4**
5	**6** **9am-** Tone Zone (P) **10am-** Balance Fitness (IP) **11am-** Tone Zone (GC) **1:15pm-** Brain Power (P) **3pm-** Brain Power (GC)	**7** **9am-** Balance (P) **10am-** Brain Power (IP) **11am-** Chair Yoga (GC) **1pm-** Wellness (BC) **3pm-** Sit & Be Fit (FVDR)	**8** **9am-** Tone Zone (P) **10am-** Stretch & Flex (IP) **11am-** Tone Zone (GC) **1pm-** Wellness (BB) **3pm-** Wellness (SLC)	**9** **9am-** Chair Yoga (P) **10am-** Active Mind (IP) **11am-** Balance (GC) **1:15pm-** Brain Power (IP) **3pm-** Brain Power (GC)	**10** **9am-** Tone Zone (P) **10am-** Balance Fitness (C) **11am-** Tone Zone (GC) **1pm-** Wellness (BB)	**11**
12	**13** **9am-** Tone Zone (P) **10am-** Balance Fitness (IP) **11am-** Tone Zone (GC) **1:15pm-** Brain Power (P) **3pm-** Brain Power (GC)	**14** **9am-** Balance (P) **10am-** Brain Power (IP) **11am-** Chair Yoga (GC) **1pm-** Wellness (BC) **3pm-** Sit & Be Fit (FVDR)	**15** **9am-** Tone Zone (P) **10am-** Stretch & Flex (IP) **11am-** Tone Zone (GC) **1pm-** Wellness (BB) **3pm-** Wellness (SLC)	**16** **9am-** Chair Yoga (P) **10am-** Active Mind (IP) **11am-** Balance (GC) **1:15pm-** Brain Power (IP) **3pm-** Brain Power (GC)	**17** **9am-** Tone Zone (P) **10am-** Balance Fitness (C) **11am-** Tone Zone (GC) **1pm-** Wellness (BB)	**18**
19	**20 Martin Luther King Day** **9am-** Tone Zone (P) **10am-** Balance Fitness (IP) **11am-** Tone Zone (GC) **1:15pm-** Brain Power (P) **3pm-** Brain Power (GC)	**21** **9am-** Balance (P) **10am-** Brain Power (IP) **11am-** Chair Yoga (GC) **1pm-** Wellness (BC) **3pm-** Sit & Be Fit (FVDR)	**22** **9am-** Tone Zone (P) **10am-** Stretch & Flex (IP) **11am-** Tone Zone (GC) **1pm-** Wellness (BB) **3pm-** Wellness (SLC)	**23** **9am-** Chair Yoga (P) **10am-** Active Mind (IP) **11am-** Balance (GC) **1:15pm-** Brain Power (IP) **3pm-** Brain Power (GC)	**24** **9am-** Tone Zone (P) **10am-** Balance Fitness (C) **11am-** Tone Zone (GC) **1pm-** Wellness (BB)	**25**
26	**27** **9am-** Tone Zone (P) **10am-** Balance Fitness (IP) **11am-** Tone Zone (GC) **1:15pm-** Brain Power (P) **3pm-** Brain Power (GC)	**28** **9am-** Balance (P) **10am-** Brain Power (IP) **11am-** Chair Yoga (GC) **1pm-** Wellness (BC) **3pm-** Sit & Be Fit (FVDR)	**29** **9am-** Tone Zone (P) **10am-** Stretch & Flex (IP) **11am-** Tone Zone (GC) **1pm-** Wellness (BB) **3pm-** Wellness (SLC)	**30** **9am-** Chair Yoga (P) **10am-** Active Mind (IP) **11am-** Balance (GC) **1:15pm-** Brain Power (IP) **3pm-** Brain Power (GC)	**31** **9am-** Tone Zone (P) **10am-** Balance Fitness (C) **11am-** Tone Zone (GC) **1pm-** Wellness (BB)	**Fun National Holidays:** **Self Love Month** **International Brain Teaser Month** **National Activity Professionals Week: 19-25**