



GRAND LIVING
YOUR LIFE. UNIQUELY EMBRACED.

January Fitness Calendar



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:00 a.m. Water Walking</p> <p>8:45 a.m. Water Aerobics</p> <p>9:45 a.m. Stand Behind Chair Class</p> <p>1:00 p.m. Personal Fitness Class</p> <p>2:00 p.m. Active Chair Class</p> <p>4:00 p.m. Protective Stepping</p>	<p>7:00 a.m. Good Morning Fitness</p> <p>8:00 a.m. Water Walking</p> <p>8:45 a.m. Water Aerobics</p> <p>9:45 a.m. Tough Guy Tuesday</p> <p>11:00 a.m. Open Pool</p> <p>1:00 p.m. Parkinson's Class</p> <p>2:00 p.m. Active Chair Class</p>	<p>8:00 a.m. Water Walking</p> <p>8:45 a.m. Water Aerobics</p> <p>9:45 a.m. Women Warriors Workout</p> <p>11:00 a.m. Know Your Gym</p> <p>1:00 p.m. Personal Fitness Class</p> <p>2:00 p.m. Active Chair Class</p> <p>4:00 p.m. Protective Stepping</p>	<p>7:00 a.m. Good Morning Fitness</p> <p>8:00 a.m. Water Walking</p> <p>8:45 a.m. Water Aerobics</p> <p>9:45 a.m. Stand Behind Chair Class</p> <p>11:00 a.m. Open Pool</p> <p>1:00 p.m. Parkinson's Class</p> <p>2:00 p.m. Active Chair Class</p>	<p>8:00 a.m. Water Walking</p> <p>8:45 a.m. Hockey Fitness Game</p> <p>11:00 a.m. Fitness Focus Friday</p> <p>1:00 p.m. Personal Fitness Class</p>