

# January 2019 – Open Gym Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b>  <u>CLOSED</u>	<b>2</b> 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	<b>3</b> 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	<b>4</b> 9:00-11:00am	<b>5</b>
<b>6</b>	<b>7</b> 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	<b>8</b> 1:00-4:00pm	<b>9</b> 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	<b>10</b> 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	<b>11</b> 9:00-11:00am	<b>12</b>
<b>13</b>	<b>14</b> 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	<b>15</b> 1:00-4:00pm	<b>16</b> 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3:00pm	<b>17</b> 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	<b>18</b> 9:00-11:00am	<b>19</b>
<b>20</b>	<b>21</b> 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	<b>22</b> 1:00-4:00pm	<b>23</b> 9:00-11:00am 1:00-4:00pm Sit & Be Fit @ 3pm	<b>24</b> 1:00-4:00pm Chair Yoga/ Stretching @ 3pm	<b>25</b> 9:00-11:00am	<b>26</b>
<b>27</b>	<b>28</b> 9:00-11:00am 1:00-4:00pm Balance & Strength @ 2:00pm	<b>29</b> 1:00-4:00pm	<b>30</b> 9:00-11:00am 1:00-4:00pm	<b>31</b> 1:00-4:00pm	<b>FEB-1</b> <u>CLOSED</u>	