

JANUARY / FEBRUARY 2020

Tuesdays – Play Day Fitness Fun for Golden-Agers!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	JANUARY 6 Sr. Walk 10-11 Gentle Spin 10-10:45 Prime Time 11:15-12:15 Gentle Yoga 1-2	7 Sr. Bowl 9-10:30 Aqua Tai Chi 10-10:30 Sit & Get Fit 10:30-11:15 Tai Chi 11-12	8 Sr. Walk 10-11 Gentle Spin 10-10:45 Prime Time 11:15-12:15 Aqua Yoga 11:45-12:30 Gentle Yoga 1-2 Sr. Bowl 1-2:30	9 Water Walking 10-10:30 Sit & Get Fit 10:30-11:15 Beginners & Beyond Tai Chi 11-11:45	10 Sr. Walk 10-11 Prime Time Plus 11:15-12:15 Gentle Yoga 1-2	11
12	13 Sr. Walk 10-11 Gentle Spin 10-10:45 Prime Time 11:15-12:15 Gentle Yoga 1-2	14 Welcome Golden Agers Coffee & Donuts 9-11am Intro Tour to Facility & Wellness & Fitness Evaluations Info 9-11am Sr. Bowl 9-10:30 Game Room 9-10:30 Aqua Tai Chi 10-10:30 Sit & Get Fit 10:30-11:15 Programs & Services Presentation 11am Tai Chi 11-12 Healthy Eating & Nutrition 12-1 (Part 1)	15 Sr. Walk 10-11 Gentle Spin 10-10:45 Prime Time 11:15-12:15 Aqua Yoga 11:45-12:30 Gentle Yoga 1-2 Sr. Bowl 1-2:30	16 Water Walking 10-10:30 Sit & Get Fit 10:30-11:15 Beginners & Beyond Tai Chi 11-11:45	17 Sr. Walk 10-11 Prime Time Plus 11:15-12:15 Gentle Yoga 1-2	18
19	20 NO SCHOOL Sr. Walk 10-11 Gentle Spin 10-10:45 Prime Time 11:15-12:15 Gentle Yoga 1-2	21 Sr. Bowl 9-10 Aqua Tai Chi 10-10:30 Sit & Get Fit 10:30-11:15 Tai Chi 11-12 Healthy Eating & Nutrition 12-1 (Part 2)	22 Sr. Walk 10-11 Gentle Spin 10-10:45 Prime Time 11:15-12:15 Aqua Yoga 11:45-12:30 Gentle Yoga 1-2 Sr. Bowl 1-2:30	23 Water Walking 10-10:30 Sit & Get Fit 10:30-11:15 Beginners & Beyond Tai Chi 11-11:45	24 Sr. Walk 10-11 Prime Time Plus 11:15-12:15 Gentle Yoga 1-2	25
26	27 Sr. Walk 10-11 Gentle Spin 10-10:45 Prime Time 11:15-12:15 Gentle Yoga 1-2	28 Sr. Bowl 9-10:30 Aqua Tai Chi 10-10:30 Sit & Get Fit 10:30-11:15 Tai Chi 11-12 Healthy Eating & Nutrition 12-1 (Part 3)	29 Sr. Walk 10-11 Gentle Spin 10-10:45 Prime Time 11:15-12:15 Aqua Yoga 11:45-12:30 Gentle Yoga 1-2 Sr. Bowl 1-2:30	30 Water Walking 10-10:30 Sit & Get Fit 10:30-11:15 Beginners & Beyond Tai Chi 11-11:45	31 Sr. Walk 10-11 Prime Time Plus 11:15-12:15 Gentle Yoga 1-2	February 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	FEBRUARY 3 Sr. Walk 10-11 Gentle Spin 10-10:45 Prime Time 11:15-12:15 Gentle Yoga 1-2	4 Wellness & Fitness Evals 8:30-10:30 by appt Sr. Bowl 9-10:30 Aqua Tai Chi 10-10:30 Sit & Get Fit 10:30-11:15 Game Room 10:45-11:45 Tai Chi 11-12 Healthy Eating & Nutrition 12-1 (Part 4)	5 Sr. Walk 10-11 Gentle Spin 10-10:45 Prime Time 11:15-12:15 Aqua Yoga 11:45-12:30 Gentle Yoga 1-2 Sr. Bowl 1-2:30	6 Water Walking 10-10:30 Sit & Get Fit 10:30-11:15 Beginners & Beyond Tai Chi 11-11:45	7 Sr. Walk 10-11 Prime Time Plus 11:15-12:15 Gentle Yoga 1-2	8
9	10 Sr. Walk 10-11 Gentle Spin 10-10:45 Prime Time 11:15-12:15 Gentle Yoga 1-2	11 Sr. Bowl 9-10:30 Aqua Tai Chi 10-10:30 Sit & Get Fit 10:30-11:15 Medicare 101 11am Tai Chi 11-12 Corn Hole 12-1	12 Sr. Walk 10-11 Gentle Spin 10-10:45 Prime Time 11:15-12:15 Aqua Yoga 11:45-12:30 Gentle Yoga 1-2 Sr. Bowl 1-2:30	13 Water Walking 10-10:30 Sit & Get Fit 10:30-11:15	14 Sr. Walk 10-11 Prime Time Plus 11:15-12:15 Gentle Yoga 1-2	15
16	17 NO SCHOOL Sr. Walk 10-11 Gentle Spin 10-10:45 Prime Time 11:15-12:15 Gentle Yoga 1-2	18 NO SCHOOL Sr. Bowl 9-10:30 Aqua Tai Chi 10-10:30 Sit & Get Fit 10:30-11:15 Tai Chi 11-12 Generation Movie 11:30	19 NO SCHOOL Sr. Walk 10-11 Gentle Spin 10-10:45 Prime Time 11:15-12:15 Aqua Yoga 11:45-12:30 Gentle Yoga 1-2 Sr. Bowl 1-2:30	20 NO SCHOOL Water Walking 10-10:30 Sit & Get Fit 10:30-11:15 Beginners & Beyond Tai Chi 11-11:45	21 NO SCHOOL Sr. Walk 10-11 Prime Time Plus 11:15-12:15 Gentle Yoga 1-2	22
23	24 Sr. Walk 10-11 Gentle Spin 10-10:45 Prime Time 11:15-12:15 Gentle Yoga 1-2	25 Sr. Bowl 9-10:30 Aqua Tai Chi 10-10:30 Sit & Get Fit 10:30-11:15 Tai Chi 11-12 Corn Hole 11:30-1 Movie 12:30-2	26 Sr. Walk 10-11 Gentle Spin 10-10:45 Prime Time 11:15-12:15 Aqua Yoga 11:45-12:30 Gentle Yoga 1-2 Sr. Bowl 1-2:30	27 Water Walking 10-10:30 Sit & Get Fit 10:30-11:15 Beginners & Beyond Tai Chi 11-11:45	28 Sr. Walk 10-11 Prime Time Plus 11:15-12:15 Gentle Yoga 1-2	29

Green – Free to All

Purple – Free only to Clark Sports Center Members