

JANUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:15-9:15am <u>Strength, Balance, Core</u> 9am Water <u>Aerobic</u> 9:30am Yoga 7pm Mah Jong	2	3 8:15-9:15am <u>Total Body Workout</u> 9am Water <u>Aerobics</u> 12:30pm Mah Jong	4
5	6 8:15-9:15am <u>Butt & Gut</u> 9 am Water <u>Aerobic</u> 9:30am Yoga 12:30pm Bridge	7 7pm Ladies Cards	8 8:15-9:15am <u>Strength, Balance, Core</u> 9am Water <u>Aerobic</u> 9:30am Yoga <u>2-4pm Big Shots</u> Golf 7pm Mah Jong	9 9am ARC Meeting 10am Storm Water Comm. 6:30pm Trivia Night	10 8:15-9:15am <u>Total Body Workout</u> 9am Water <u>Aerobics</u> 12:30pm Mah Jong	11
12	13 8:00-9:00am <u>Butt & Gut</u> 9am Water <u>Aerobic</u> 9:30am Yoga <u>12:30pm Bridge</u> 7-8:30pm Documents Review	14 7pm Ladies Cards	15 8:00-9:00am <u>Strength, Balance, Core</u> 9am Water <u>Aerobic</u> 9:30am Yoga 7pm Mah Jong	16 9am Board Meeting 6:30pm Ladies Group	17 8:00-9:00am <u>Total Body Workout</u> 9am Water <u>Aerobics</u> 12:30pm Mah Jong	18
19	20 8:00-9:00am <u>Butt & Gut</u> 9 am Water <u>Aerobic</u> 9:30am Yoga 12:30pm Bridge 6:30pm Texas Holdem	21 7pm Ladies Cards	22 8:00-9:00am <u>Strength, Balance, Core</u> 9am Water <u>Aerobic</u> 9:30am Yoga 2:00pm Docs Review 7pm Mah Jong	23	24 8:00-9:00am <u>Total Body Workout</u> 9am Water <u>Aerobics</u> 12:30pm Mah Jong 6pm "Souper" Bowl & Salad	25 9am-1pm Ladies Self Defense Class
26	27 8:00-9:00am <u>Butt & Gut</u> 9 am Water <u>Aerobic</u> 9:30am Yoga <u>12:30pm Bridge</u> 4pm Book Club	28 7pm Ladies Cards	29 8:00-9:00am <u>Strength, Balance, Core</u> 9am Water <u>Aerobic</u> 9:30am Yoga 7pm Mah Jong	30	31 8:00-9:00am <u>Total Body Workout</u> 9am Water <u>Aerobics</u> 12:30pm Mah Jong	