

# January 2012- Wellness Calendar



Mon

Tue

Wed

Thu

Fri

2

*9am Swim Therapy*  
**1045a Low Impact Aerobics**  
*1115a Strength Training*  
**1145a DRUMMING!**

3

*11am*  
**Balance & Stretch**

4

**1045a Low Impact Aerobics**  
*1115a Strength Training*  
**1145a DRUMMING!**

5

*11am*  
**Balance & Stretch**

6

**930 YOGA**  
**1045a Low Impact Aerobics**  
*1115a Strength Training*

9

*9am Swim Therapy*  
**1045a Low Impact Aerobics**  
*1115a Strength Training*  
**1145a DRUMMING!**

10

*11am*  
**Balance & Stretch**

11

**1045a Low Impact Aerobics**  
*1115a Strength Training*  
**1145a DRUMMING!**

12

*11am*  
**Balance & Stretch**

13

**930 YOGA**  
**1045a Low Impact Aerobics**  
*1115a Strength Training*

16

*9am Swim Therapy*  
**1045a Low Impact Aerobics**  
*1115a Strength Training*  
**1145a DRUMMING!**

17

*11am*  
**Balance & Stretch**

18

**1045a Low Impact Aerobics**  
*1115a Strength Training*  
**1145a DRUMMING!**

19

*11am*  
**Balance & Stretch**

20

**930 YOGA**  
**1045a Low Impact Aerobics**  
*1115a Strength Training*

23

*9am Swim Therapy*  
**1045a Low Impact Aerobics**  
*1115a Strength Training*  
**1145a DRUMMING!**

24

*11am*  
**Balance & Stretch**

25

**1045a Low Impact Aerobics**  
*1115a Strength Training*  
**1145a DRUMMING!**

26

*11am*  
**Balance & Stretch**

27

**930 YOGA**  
**1045a Low Impact Aerobics**  
*1115a Strength Training*

30

*9am Swim Therapy*  
**1045a Low Impact Aerobics**  
*1115a Strength Training*  
**1145a DRUMMING!**  
**6pm BRAIN GAME NIGHT!**

31

*11am*  
**Balance & Stretch**

