

## January 2021

Easy Adult Fitness classes at 9:30 a.m. and 10:30 a.m.  
**\*\*\* Bring your water bottle. All other equipment provided. \*\*\***

Monday	Wednesday	Friday
<b>January 4</b> <b>Chair yoga</b> Stretch and strengthen (chair, hand weights)	<b>January 6</b> <b>Whole Body Stretching</b> (Chair but NO mat)	<b>January 8</b> <b>Building Better Bones</b> (chair, hand weights)
<b>January 11</b> <b>Chair yoga</b> vStretch and strengthen (chair, weights)	<b>January 13</b> <b>Easy Does It</b> (chair and weights)	<b>January 15</b> <b>Whole Body Stretching</b> (Chair but NO mat)
<b>January 18</b> <b>Chair yoga</b> Stretch and strengthen (chair, weights)	<b>January 20</b> <b>Bender Ball plus chair pilates</b> (Chair & Bender ball)	<b>January 22</b> <b>Yoga</b> (Chair but NO mat)
<b>January 25</b> <b>Chair yoga</b> Stretch and strengthen s(chair, weights)	<b>January 27</b> <b>Whole Body Stretching</b> (Chair but NO mat)	<b>January 29</b> <b>Building Better Bones</b> (chair, hand weights)