



JANUARY

ADULT WELLNESS PROGRAM

S M T W T F S

			1 HAPPY NEW YEAR	2 8:45 - 9:45 AM at the Brown Gym	3 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	4
5	6 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall 12 - 12:45 PM at Hunter Hall	7 8:45 - 9:45 AM at the Brown Gym	8 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall 12 - 12:45 AM at Hunter Hall	9 8:45 - 9:45 AM at the Brown Gym	10 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	11
12	13 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall 12 - 12:45 PM at Hunter Hall	14 8:45 - 9:45 AM at the Brown Gym	15 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall 12 - 12:45 AM at Hunter Hall	16 8:45 - 9:45 AM at the Brown Gym	17 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	18
19	20 MLK DAY	21 8:45 - 9:45 AM at the Brown Gym	22 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall 12 - 12:45 AM at Hunter Hall	23 8:45 - 9:45 AM at the Brown Gym	24 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	25
26	27 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall 12 - 12:45 PM at Hunter Hall	28 8:45 - 9:45 AM at the Brown Gym	29 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall 12 - 12:45 AM at Hunter Hall	30 8:45 - 9:45 AM at the Brown Gym	31 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	

Legend:

- **Level 1**
Low Impact Exercise
- **Level 1**
Aerobics
- **Level 2**
Pilates
- **Level 3**
Pilates
- **Level 2**
Functional Strength Training
- **Level 3**
Functional Strength Training
- **Tai Chi**
- **Workshop**



FEBRUARY

ADULT WELLNESS PROGRAM

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- **Level 1**
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HAPPY Presidents Day

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