



JANUARY

ADULT WELLNESS PROGRAM

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T W T

F S

4

5

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall

6

8:45 - 9:45 AM at
the Brown Gym

7

8:45 - 9:45 AM at
the Brown Gym

1 **HAPPY
NEW
YEAR**
NO CLASS

8

8:45 - 9:45 AM at
the Brown Gym

2

8:45 - 9:45 AM at
the Brown Gym

3

8:45 - 9:45 AM at
the Brown Gym

11

12

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall

13

8:45 - 9:45 AM at
the Brown Gym

14

8:45 - 9:45 AM at
the Brown Gym

15

8:45 - 9:45 AM at
the Brown Gym

16

8:45 - 9:45 AM at
the Brown Gym

17

18

19



NO CLASS

20

8:45 - 9:45 AM at
the Brown Gym

21

8:45 - 9:45 AM at
the Brown Gym

22

8:45 - 9:45 AM at
the Brown Gym

23

8:45 - 9:45 AM at
the Brown Gym

24

25

26

8:45 - 9:45 AM at
the Brown Gym
11 - 11:45 AM at
Hunter Hall

27

8:45 - 9:45 AM at
the Brown Gym

28

8:45 - 9:45 AM at
the Brown Gym

29

8:45 - 9:45 AM at
the Brown Gym

30

8:45 - 9:45 AM at
the Brown Gym

31

Legend:

- Level 1
Low Impact Exercise
- Level 1
Aerobics
- Level 2
Pilates
- Tai Chi