



JANUARY

ADULT WELLNESS PROGRAM

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1
**HAPPY
NEW
YEAR**
NO CLASS

2
8:45 - 9:45 AM at
the Brown Gym

3

Legend:

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

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

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

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

10

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

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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

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