



FEBRUARY ADULT WELLNESS PROGRAM

S M T W T F S

1	2 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	3 8:45 - 9:45 AM at the Brown Gym	4 8:45 - 9:45 AM at the Brown Gym	5 8:45 - 9:45 AM at the Brown Gym	6 8:45 - 9:45 AM at the Brown Gym	7
---	--	--------------------------------------	--------------------------------------	--------------------------------------	--------------------------------------	---

8	9 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	10 8:45 - 9:45 AM at the Brown Gym	11 8:45 - 9:45 AM at the Brown Gym	12 8:45 - 9:45 AM at the Brown Gym	13 8:45 - 9:45 AM at the Brown Gym	14 Happy Valentine's Day
---	--	---------------------------------------	---------------------------------------	---------------------------------------	---------------------------------------	-----------------------------

15	16 PRESIDENT'S DAY NO CLASS	17 8:45 - 9:45 AM at the Brown Gym	18 8:45 - 9:45 AM at the Brown Gym	19 8:45 - 9:45 AM at the Brown Gym	20 8:45 - 9:45 AM at the Brown Gym	21
----	-----------------------------------	---------------------------------------	---------------------------------------	---------------------------------------	---------------------------------------	----

22	23 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	24 8:45 - 9:45 AM at the Brown Gym	25 8:45 - 9:45 AM at the Brown Gym	26 8:45 - 9:45 AM at the Brown Gym	27 8:45 - 9:45 AM at the Brown Gym	28
----	---	---------------------------------------	---------------------------------------	---------------------------------------	---------------------------------------	----

Legend:

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