



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 11 - 11:45 AM at Hunter Hall	5 8:45 - 9:45 AM at the Brown Gym	6 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	7
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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 11 - 11:45 AM at Hunter Hall	12 8:45 - 9:45 AM at the Brown Gym	13 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	14 Happy Valentine's Day
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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
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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 11 - 11:45 AM at Hunter Hall	26 8:45 - 9:45 AM at the Brown Gym	27 8:45 - 9:45 AM at the Brown Gym 11 - 11:45 AM at Hunter Hall	28
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Legend:

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