



# FEBRUARY

# ADULT WELLNESS PROGRAM

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7

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

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

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

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

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

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14

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

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

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

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

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



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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

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

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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

## Legend:

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