



# February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:30am & 9:45am Silver Sneakers Muscle	2 5:30am: Strength 9am: Men's Strength with Burt	3 7:30AM: Strength with Patty 8:30AM: Gentle Yoga w/Shannon
4	5 5:30am: Strength	6 8:30am & 9:45am Silver Sneakers Muscle	7 5:30am: Strength 9am: Men's Strength with Burt	8 8:30am & 9:45am Silver Sneakers Muscle	9 5:30am: Strength 9am: Men's Strength with Burt	10 7:30AM: Strength with Patty 8:30AM: Gentle Yoga w/Shannon
11	12 5:30am: Strength	13 8:30am & 9:45am Silver Sneakers Muscle	14 5:30am: Strength 9am: Men's Strength with Burt	15 8:30am & 9:45am Silver Sneakers Muscle	16 5:30am: Strength 9am: Men's Strength with Burt	17 8:30AM: Gentle Yoga w/Shannon
18	19 5:30am: Strength (On your own)	20 8:30am & 9:45am Silver Sneakers Muscle With Burt	21 5:30am: Strength (On your own) 9am: Men's Strength with Burt	22 8:30am & 9:45am Silver Sneakers Muscle With Burt	23 5:30am: Strength (On your own) 9am: Men's Strength with Burt	24 7:30AM: Strength with Patty
25	26 5:30am: Strength	27 8:30am & 9:45am Silver Sneakers Muscle	28 5:30am: Strength	29 8:30am & 9:45am Silver Sneakers Muscle		

