

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<h1>February</h1>		<h2>HEALTH &amp; FITNESS 2025</h2> <p>A = Advanced Level B = Beginner Level I = Intermediate Level</p>					10:00 Walking Club <b>1</b>
9:00 Step Aerobics <b>2</b> 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird  <b>GROUNDHOG DAY</b>	9:15 Strength Training (A) – Jen <b>3</b> 10:15 Washboard Abs (A) – Jen 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Sittercize (B, I) – Jen	8:30 Water Aerobics – Lee <b>4</b> 9:15 Strength Training (A) – Jen 10:15 Washboard Abs (A, I) – Jen 1:00-3:00 Pickleball 1:30 Functional Training (A, I, B) – Jen 2:15 Chair Strength Training (B) – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee <b>5</b> 9:15 Cardio Crush (A) – Liz 10:00 Stretch 2 (A, I) – Liz 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (A, I, B) – Liz 2:30 Stretch 1 (A, I, B) – Liz 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee <b>6</b> 9:15 Circuit City (A) – Tay 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:00-3:00 Pickleball 1:30 Sittercize (A, I, B) – Tay 2:00 Stretch 1 (A, I, B) – Tay 2:30 Balance (A, I, B) – Tay	9:15 Strength Training (A) – Jen <b>7</b> 10:00 Washboard Abs (A) – Jen 10:45 Cardio Drumming (A, I, B) – Jen 1:30 BenderBall Chair Dancing (B) – Jen 1:30 Full-Body Strength Training (A) – Jen	10:00 Walking Club <b>8</b>	
9:00 Step Aerobics <b>9</b> 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:15 Strength Training (A) – Jen <b>10</b> 10:15 Washboard Abs (A) – Jen 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Sittercize (B, I) – Jen	8:30 Water Aerobics – Lee <b>11</b> 9:15 Strength Training (A) – Jen 10:15 Washboard Abs (A, I) – Jen 1:00-3:00 Pickleball 1:30 Functional Training (A, I, B) – Jen 2:15 Chair Strength Training (B) – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee <b>12</b> 9:15 Cardio Crush (A) – Liz 10:00 Stretch 2 (A, I) – Liz 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (A, I, B) – Liz 2:30 Stretch 1 (A, I, B) – Liz 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird  <b>TU B'SHEVAT BEGINS</b>	8:30 Water Aerobics – Lee <b>13</b> 9:15 Circuit City (A) – Tay 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:00-3:00 Pickleball 1:30 Sittercize (A, I, B) – Tay 2:00 Stretch 1 (A, I, B) – Tay 2:30 Balance (A, I, B) – Tay	9:15 Strength Training (A) – Tay <b>14</b> 10:15 Washboard Abs (A, I) – Tay 11:00 Sittercize (I, B) – Tay  <b>HAPPY VALENTINE'S DAY!</b>  <b>VALENTINE'S DAY</b>	10:00 Walking Club <b>15</b>	
9:00 Step Aerobics <b>16</b> 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:15 Strength Training (A) – Jen <b>17</b> 10:15 Washboard Abs (A) – Jen 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Sittercize (B, I) – Jen  <b>PRESIDENTS' DAY</b>	8:30 Water Aerobics – Lee <b>18</b> 9:15 Strength Training (A) – Jen 10:15 Washboard Abs (A, I) – Jen 1:00-3:00 Pickleball 1:30 Functional Training (A, I, B) – Jen 2:15 Chair Strength Training (B) – Jen 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee <b>19</b> 9:15 Cardio Crush (A) – Liz 10:00 Stretch 2 (A, I) – Liz 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (A, I, B) – Liz 2:30 Stretch 1 (A, I, B) – Liz 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee <b>20</b> 9:15 Circuit City (A) – Tay 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:00-3:00 Pickleball 1:30 Sittercize (A, I, B) – Tay 2:00 Stretch 1 (A, I, B) – Tay 2:30 Balance (A, I, B) – Tay	9:15 Strength Training (A) – Jen <b>21</b> 10:00 Washboard Abs (A) – Jen 10:45 Cardio Drumming (A, I, B) – Jen 1:30 BenderBall Chair Dancing (B) – Jen 1:30 Full-Body Strength Training (A) – Jen	10:00 Walking Club <b>22</b>	
9:00 Step Aerobics <b>23</b> 10:00 Resident Walk 3:00-4:00 Table Tennis 3:30 Water Aerobics – Janie Bird	9:15 Strength Training (A) – Jen <b>24</b> 10:15 Washboard Abs (A) – Jen 10:00 Memory Care – Tay 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (B, I, A) – Jen 2:15 Sittercize (B, I) – Jen	8:30 Water Aerobics – Lee <b>25</b> 9:15 Strength Training (A) – Jen 10:15 Washboard Abs (A, I) – Jen <b>11:00-1:00 BOWLING W/THE FITNESS GALS! SIGN UP IN THE GYM</b> 1:00-3:00 Pickleball 3:30 Spires Strutters – Judy	8:30 Water Aerobics – Lee <b>26</b> 9:15 Cardio Crush (A) – Liz 10:00 Stretch 2 (A, I) – Liz 11:00 Assisted Living – Tay 11:30 Skilled Nursing – Tay 1:30 Cardio Drumming (A, I, B) – Liz 2:30 Stretch 1 (A, I, B) – Liz 3:00-4:30 Table Tennis 3:30 Water Aerobics – Janie Bird	8:30 Water Aerobics – Lee <b>27</b> 9:15 Circuit City (A) – Tay 10:00 Chair Dancing – Judy 11:30 Memory Care – Tay 1:00-3:00 Pickleball 1:30 Sittercize (A, I, B) – Tay 2:00 Stretch 1 (A, I, B) – Tay 2:30 Balance (A, I, B) – Tay	9:15 Strength Training (A) – Jen <b>28</b> 10:00 Washboard Abs (A) – Jen 10:45 Cardio Drumming (A, I, B) – Jen 1:30 BenderBall Chair Dancing (B) – Jen 1:30 Full-Body Strength Training (A) – Jen  <b>RAMADAN BEGINS</b>	 <b>THE SPIRES</b> AT BERRY COLLEGE	