


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>BILLIE JANE STRAUSS WELLNESS CENTER</b>  <b>GROUP EXERCISE &amp; EVENT CALENDAR</b>  <b>February 2019</b></p> 				<p><b>1</b>  Gentle Balance and Strengthening, BJSW Aerobics  9:15 – 9:45</p>
<p><b>4</b>  <b>No Classes</b></p>	<p><b>5</b>  Aqua Fit Water Aerobics, BJSW Pool  Section 1: 8:00 – 8:30  Section 2: 9:00 – 9:30  Tai Chi 10:00-10:30, BJSW Aerobics  RSB 1:00-2:30, 6:00-7:30 , BJSW Aerobics</p>	<p><b>6</b>  Restorative Class, BJSW Aerobics, 8:00-8:30  Gentle Balance and Strengthening, BJSW Aerobics  9:15 – 9:45  Moving Minds Memory 10:45-11:15</p>	<p><b>7</b>  Aqua Fit Water Aerobics, BJSW Pool  Section 1: 8:00 – 8:30  Section 2: 9:00 – 9:30  Tai Chi 10:00-10:30, BJSW Aerobics  RSB 1:00-2:30, 6:00-7:30 , BJSW Aerobics</p>	<p><b>8</b>  Gentle Balance and Strengthening, BJSW Aerobics  9:15 – 9:45</p>
<p><b>11</b>  Gentle Balance and Strengthening, BJSW Aerobics  9:15 – 9:45  Memory Stretch 1:15-1:30</p>	<p><b>12</b>  Aqua Fit Water Aerobics, BJSW Pool  Section 1: 8:00 – 8:30  Section 2: 9:00 – 9:30  Tai Chi 10:00-10:30, BJSW Aerobics  RSB 1:00-2:30, 6:00-7:30 , BJSW Aerobics</p>	<p><b>13</b>  Restorative Class, BJSW Aerobics, 8:00-8:30  Gentle Balance and Strengthening, BJSW Aerobics  9:15 – 9:45  Moving Minds Memory 10:45-11:15</p>	<p><b>14</b>  Aqua Fit Water Aerobics, BJSW Pool  Section 1: 8:00 – 8:30  Section 2: 9:00 – 9:30  Tai Chi 10:00-10:30, BJSW Aerobics  RSB 6:00-7:30 , BJSW Aerobics</p>	<p><b>15</b>  <b>No Classes</b></p>
<p><b>18</b>  Gentle Balance and Strengthening, BJSW Aerobics  9:15 – 9:45  Building Your Mind , 11:30, Craig House  Memory Stretch 1:15-1:30</p>	<p><b>19</b>  Aqua Fit Water Aerobics, BJSW Pool  Section 1: 8:00 – 8:30  Section 2: 9:00 – 9:30  Tai Chi 10:00-10:30, BJSW Aerobics  RSB 1:00-2:30, 6:00-7:30 , BJSW Aerobics</p>	<p><b>20</b>  Restorative Class, BJSW Aerobics, 8:00-8:30  Gentle Balance and Strengthening, BJSW Aerobics  9:15 – 9:45  Moving Minds Memory 10:45-11:15</p>	<p><b>21</b>  Aqua Fit Water Aerobics, BJSW Pool  Section 1: 8:00 – 8:30  Section 2: 9:00 – 9:30  Tai Chi 10:00-10:30, BJSW Aerobics  RSB 1:00-2:30, BJSW Aerobics</p>	<p><b>22</b>  Gentle Balance and Strengthening, BJSW Aerobics  9:15 – 9:45</p>
<p><b>25</b>  Gentle Balance and Strengthening, BJSW Aerobics  9:15 – 9:45  Memory Stretch 1:15-1:30</p>	<p><b>26</b>  Aqua Fit Water Aerobics, BJSW Pool  Section 1: 8:00 – 8:30  Section 2: 9:00 – 9:30  Tai Chi 10:00-10:30, BJSW Aerobics  RSB 1:00-2:30, 6:00-7:30 , BJSW Aerobics</p>	<p><b>27</b>  Restorative Class, BJSW Aerobics, 8:00-8:30  Gentle Balance and Strengthening, BJSW Aerobics  9:15 – 9:45  Moving Minds Memory 10:45-11:15</p>	<p><b>28</b>  Aqua Fit Water Aerobics, BJSW Pool  Section 1: 8:00 – 8:30  Section 2: 9:00 – 9:30  Tai Chi 10:00-10:30, BJSW Aerobics  RSB 1:00-2:30, 6:00-7:30 , BJSW Aerobics</p>	<p align="center"><b>You must be a member of the Billie Jane Strauss Wellness Center to participate in our group exercise classes (it's FREE)</b>  To become a member of the Billie Jane Strauss Wellness Center, please contact Cindy Hackworth, Fitness Manager  <b>260-982-8616 (EXT 1606)</b></p>