

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>ROOM KEY</b> Arbor - Arbor Place Comm. Rm. - Community Room CC Rec - Custom Care Recreation Room MWIM - Meth-Wick In Motion Center FZ - The Fitness Zone				8:00 Level 2 Fitness Class (MWIM) <b>1</b> 9:00 Level 1 Fitness Class (MWIM)	8:15 Level 3 Fitness Class (MWIM) <b>2</b> 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 11:00 Dancercise (Comm. Rm.) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	10:30 Arbor Place Exercises (Arbor) <b>3</b>
<b>4</b>	8:15 Level 3 Fitness Class (MWIM) <b>5</b> 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	8:00 Level 2 Fitness Class (MWIM) <b>6</b> 9:00 Level 1 Fitness Class (MWIM) 9:45 Arbor Place Exercises (Arbor) 10:30 Nordic Walking 1:00 Fitness Zone Class (FZ)	8:15 Level 3 Fitness Class (MWIM) <b>7</b> 9:00 Level 2 Fitness Class (MWIM) 11:00 Fitness Zone Class (FZ) 1:00 Fitness Zone Class (FZ) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	8:00 Level 2 Fitness Class (MWIM) <b>8</b> 9:00 Level 1 Fitness Class (MWIM) 10:00 Arbor Place Exercises (Arbor)	8:15 Level 3 Fitness Class (MWIM) <b>9</b> 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 11:00 Dancercise (Comm. Rm.) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	10:30 Arbor Place Exercises (Arbor) <b>10</b>
<b>11</b>	8:15 Level 3 Fitness Class (MWIM) <b>12</b> 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	8:00 Level 2 Fitness Class (MWIM) <b>13</b> 9:00 Level 1 Fitness Class (MWIM) 9:45 Arbor Place Exercises (Arbor) 10:30 Nordic Walking 1:00 Fitness Zone Class (FZ)	8:15 Level 3 Fitness Class (MWIM) <b>14</b> 9:00 Level 2 Fitness Class (MWIM) 11:00 Fitness Zone Class (FZ) 1:00 Fitness Zone Class (FZ) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	8:00 Level 2 Fitness Class (MWIM) <b>15</b> 9:00 Level 1 Fitness Class (MWIM) 10:00 Arbor Place Exercises (Arbor)	8:15 Level 3 Fitness Class (MWIM) <b>16</b> 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 11:00 Dancercise (Comm. Rm.) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	10:30 Arbor Place Exercises (Arbor) <b>17</b>
<b>18</b>	8:15 Level 3 Fitness Class (MWIM) <b>19</b> 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	8:00 Level 2 Fitness Class (MWIM) <b>20</b> 9:00 Level 1 Fitness Class (MWIM) 9:45 Arbor Place Exercises (Arbor) 10:30 Nordic Walking 1:00 Fitness Zone Class (FZ)	8:15 Level 3 Fitness Class (MWIM) <b>21</b> 9:00 Level 2 Fitness Class (MWIM) 11:00 Fitness Zone Class (FZ) 1:00 Fitness Zone Class (FZ) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	8:00 Level 2 Fitness Class (MWIM) <b>22</b> 9:00 Level 1 Fitness Class (MWIM) 10:00 Arbor Place Exercises (Arbor)	8:15 Level 3 Fitness Class (MWIM) <b>23</b> 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 11:00 Dancercise (Comm. Rm.) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	10:30 Arbor Place Exercises (Arbor) <b>24</b>
<b>25</b>	8:15 Level 3 Fitness Class (MWIM) <b>26</b> 9:00 Level 2 Fitness Class (MWIM) 10:00 Custom Care Exercises (CC Rec) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)	8:00 Level 2 Fitness Class (MWIM) <b>27</b> 9:00 Level 1 Fitness Class (MWIM) 9:45 Arbor Place Exercises (Arbor) 10:30 Nordic Walking 1:00 Fitness Zone Class (FZ)	8:15 Level 3 Fitness Class (MWIM) <b>28</b> 9:00 Level 2 Fitness Class (MWIM) 11:00 Fitness Zone Class (FZ) 1:00 Fitness Zone Class (FZ) 1:00 Level 1 Fitness Class (MWIM) 2:00 Fitness Zone Class (FZ) 3:00 Fitness Zone Class (FZ)			

# February 2018

Fitness Calendar

