

January 2024-Silver Sneakers

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|-----------------------------------------------------------------------------------------------|-----------------------------------------|-----------------------------------------|------------------------------------------|------------------------------------------|-----------|
| | 1  | 2 10 – 10:45 Yoga Maria | 3 10 – 10:45 Classic Lisa | 4 10 – 10:45 Circuit Jodee | 5 10 – 10:45 Yoga Brian | 6 |
| 7 | 8 10 – 10:45 Classic Beth | 9 10 – 10:45 Circuit Lisa | 10 10 – 10:45 Classic Lisa | 11 10 – 10:45 Yoga Brian | 12 10 – 10:45 Circuit Deb | 13 |
| 14 | 15 10 – 10:45 Classic Beth | 16 10 – 10:45 Yoga Maria | 17 10 – 10:45 Classic Lisa | 18 10 – 10:45 Circuit Jodee | 19 10 – 10:45 Yoga Brian | 20 |
| 21 | 22 10 – 10:45 Classic Lisa | 23 10 – 10:45 Circuit Lisa | 24 10 – 10:45 Classic Deb | 25 10 – 10:45 Yoga Brian | 26 10 – 10:45 Circuit Jodee | 27 |
| 28 | 29 10 – 10:45 Classic Deb | 30 10 – 10:45 Yoga Maria | 31 10 – 10:45 Classic Lisa | | | |