

# February 2019

Monday		Tuesday		Wednesday		Thursday		Friday	
								1	8:00am Kim - H2O
4	8:00am Pam - H2O	5	10:00am Sit/B Fit Kathy	6	8:00am Kim - H2O 2:30 Water Walk-Kim	7	10:00am Sit/B Fit Kathy 5:30 pm H2O- Kim	8	8:00 am Kim - H2O
11	8:00am Kim - H2O 5:30 Pilates- Angela	12	10:00am Sit/B Fit Pam	13	8:00am Kim - H2O 2:30 Water Walk-Kim 5:30 Pilates- Angela	14	10:00am Sit/B Fit Pam 5:30 pm H2O- Kim	15	8:00am Pam - H2O
18	8:00am Kim- H2O 5:30 Pilates- Angela	19	10:00 Sit/B Fit Kathy	20	8:00am Kim - H2O 2:30 Water Walk-Kim 5:30 Pilates - Angela	21	10:00am Sit/B Fit Kathy 5:30 pm H2O- Kim	22	8:00am Kim- H2O
25	8:00 am Kim- H2O 5:30 Pilates- Angela	26	10:00 Sit/B Fit Pam	27	8:00 am Kim-H2O 2:30 Water Walk-Kim 5:30 Pilates- Angela	28	10:00am Sit/B fit Pam 5:30pm H2O- Kim		