

Feburary 2025 Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30am-7pm	4 8:30am-7pm	5 8:30am-7pm	6 8:30am-7pm	7 9am- 12pm
9am- Gentle Yoga (2) 10am- Zumba (1) 1pm- Pilates (1) 2pm- Weight Training (1) 4pm- Life Skills (2) 5pm-Zumba	9am- Staying Healthy (2) 10am-Spin (1) 12pm- Creative Cooking (1) 4pm- Biblical Counseling (1)	9am- Zumba (1) 10am- Chair Yoga (2) 2pm-Heart Health (2) 5pm-Weight training (1)	10am-Citizenship Class (1) 11 am- GED Classes(1) 1pm- Pilates (1) 2pm- Spin (1)	9am- Pilates (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)
10 8:30am- 7pm	11 8:30am-7pm	12 8:30am-7pm	13 8:30am-7pm	14 9am-12pm
9am- Gentle Yoga (2) 10am- Zumba (1) 1pm- Pilates (1) 2pm- Weight Training (1) 4pm- Life Skills (2) 5pm-Zumba	9am- Staying Healthy (2) 10am-Spin (1) 12pm- Creative Cooking (1) 2pm- Learn and play (2) 4pm- Biblical Counseling (1)	9am- Zumba (1) 10am- Chair Yoga (2) 2pm- Heart Healthy Snacks (1) 5pm- Weight training (1)	10am-Citizenship Class (1) 11 am- GED Classes(1) 12pm- First Aid Class (2)	
17 8:30am- 7pm	18 8:30am- 7pm	19 8:30am- 7pm	20 8:30am- 7pm	21 9am-12pm
9am- Gentle Yoga (2) 10am- Zumba (1) 1pm- Pilates (1) 2pm- Weight Training (1) 4pm- Life Skills (2) 5pm-Zumba	9am- Staying Healthy (2) 10am-Spin (1) 12pm- Creative Cooking (1) 4pm- Biblical Counseling (1)	9am- Zumba (1) 10am- Chair Yoga (2) 9am- Stress Management (2) 2pm- Heart Healthy Snacks(1) 5pm-Weight training (1)	10am-Citizenship Class (1) 11 am- GED Classes(1) 1pm- Pilates (1) 2pm- Spin (1) 3pm-Art (1)	9am- Pilates (1) 9:30am- HIIT with Dalia (1) 10am- Zumba (1)
24 8:30am-7pm	25 8:30am-7pm	26 8:30am-7pm	27 8:30am-7pm	28 9am-12pm
9am- Gentle Yoga (2) 10am- Zumba (1) 1pm- Pilates (1) 2pm- Weight Training (1) 4pm- Life Skills (2) 5pm-Zumba	9am- Staying Healthy (2) 10am-Spin (1) 12pm- Creative Cooking (1) 2pm- Learn and play (2) 4pm- Biblical Counseling (1)	9am- Zumba (1) 10am- Chair Yoga (2) 10am-1pm- WT Resource Fair (2) 5pm- Weight Training (1)	10am-Citizenship Class (1) 11 am- GED Classes(1) 1pm- Pilates (1) 2pm- Spin (1) 5pm-Diabetic Foot Care. (2)	9am- Pilates (1) 9:30am- HIIT with Dalia (1) 10am- Spin (1)
8:30am-7pm	8:30am-7pm	8:30am-7pm	8:30am-7pm	9am-12pm