

January 2019 Club GA-Elk River Group Fitness Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 CLOSED 	2 10-10:45 Tai Chi with Sherry 2-2:45 Gentle Yoga	3 9-9:45 Beginners Tai Chi with Kayla 10:30-11 StAbility 4:15-5: Hatha Yoga	4 8:30-9 Walking Club CLOSE at 5pm	
6	7 8:30-9 Walking Club 10-10:45 Tai Chi with Kayla No Zumba	8 8:30-9 Walking Club 10:30-11 StAbility 2-2:45 <i>Silver Sneakers Classic w/Sue</i> 4:15-4:45 Circuit	9 10-10:45 Tai Chi with Sherry 2-2:45 Gentle Yoga	10 9-9:45 Beginners Tai Chi with Kayla 10:30-11 StAbility 4:15-5: Hatha Yoga	11 8:30-9 Walking Club CLOSE at 5pm	12
13	14 8:30-9 Walking Club 10-10:45 Tai Chi with Kayla 4:15-5 Zumba w/Nan	15 8:30-9 Walking Club 10:30-11 StAbility 2-2:45 <i>Silver Sneakers Classic w/Sue</i> 4:15-4:45 Circuit	16 10-10:45 Tai Chi with Sherry 2-2:45 Gentle Yoga	17 NO Beginners Tai Chi 10:30-11 StAbility 4:15-5: Hatha Yoga	18 8:30-9 Walking Club CLOSE at 5pm	19
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