

SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY AR - Aerobics Room 973 - Channel 973 FC - Fitness Center JAC - Jefferson Aquatic Center	WC - Wellness Center		New Year's Day			
	5 8:30 Tai Chi (973) 9:45 Aqua Balance and Strength (JAC) 10:45 Smart Bells (AR) 1:00 Meet & Greet with Callie (WC) 2:00 ABC's (AR)	6 8:00 Walking Group (FC) 9:45 Aquacise (JAC) 10:45 Smart Bells II (AR) 11:30 Cornhole (AR) 1:00 Hatha Yoga: Mixed Level (AR) 2:30 Small Group Strength Session (AR)	7 8:00 Walking Group (FC) 9:45 Aquacise (JAC) 10:45 Smart Bells II (AR) 11:30 Cornhole (AR) 1:00 Hatha Yoga: Mixed Level (AR) 2:30 Small Group Strength Session (AR)	8 9:45 Aqua Balance and Strength (JAC) 10:45 Smart Bells (AR) 12:00 Gentle Yoga (AR) 1:30 Posture 101 (AR) 2:00 ABC's (AR)	9 8:30 Morning Core (973) 9:45 Aquacise (JAC) 10:45 Smart Bells II (AR) 11:30 Bold Moves (AR) 1:00 Chair Yoga (AR) 2:30 Small Group Strength Session (AR)	10 8:00 Walking Group (FC) 10:45 Smart Bells (AR) 11:30 Cornhole (AR)
	12 8:30 Tai Chi (973) 9:45 Aqua Balance and Strength (JAC) 10:45 Smart Bells (AR) 2:00 ABC's (AR)	13 8:00 Walking Group (FC) 9:45 Aquacise (JAC) 10:45 Smart Bells II (AR) 11:30 Cornhole (AR) 1:00 Hatha Yoga: Mixed Level (AR) 2:30 Small Group Strength Session (AR)	14 8:00 Walking Group (FC) 9:45 Aquacise (JAC) 10:45 Smart Bells II (AR) 11:30 Cornhole (AR) 1:00 Hatha Yoga: Mixed Level (AR) 2:30 Small Group Strength Session (AR)	15 9:45 Aqua Balance and Strength (JAC) 10:45 Smart Bells (AR) 12:00 Gentle Yoga (AR) 1:30 Posture 101 (AR) 2:00 ABC's (AR)	16 8:30 Morning Core (973) 9:45 Aquacise (JAC) 10:45 Smart Bells II (AR) 11:30 Bold Moves (AR) 1:00 Chair Yoga (AR) 2:30 Small Group Strength Session (AR)	17 8:00 Walking Group (FC) 10:45 Smart Bells (AR) 11:30 Cornhole (AR)
	19 Martin Luther King Jr. Day 8:30 Tai Chi (973) 9:45 Aqua Balance and Strength (JAC) 10:45 Smart Bells (AR) 2:00 ABC's (AR)	20 8:00 Walking Group (FC) 9:45 Aquacise (JAC) 10:45 Smart Bells II (AR) 11:30 Cornhole (AR) 1:00 Hatha Yoga: Mixed Level (AR) 2:30 Small Group Strength Session (AR)	21 8:00 Walking Group (FC) 9:45 Aquacise (JAC) 10:45 Smart Bells II (AR) 11:30 Cornhole (AR) 1:00 Hatha Yoga: Mixed Level (AR) 2:30 Small Group Strength Session (AR)	22 9:45 Aqua Balance and Strength (JAC) 10:45 Smart Bells (AR) 12:00 Gentle Yoga (AR) 1:30 Posture 101 (AR) 2:00 ABC's (AR)	23 8:30 Morning Core (973) 9:45 Aquacise (JAC) 10:45 Smart Bells II (AR) 11:30 Bold Moves (AR) 1:00 Chair Yoga (AR) 2:30 Small Group Strength Session (AR)	24 8:00 Walking Group (FC) 10:45 Smart Bells (AR) 11:30 Cornhole (AR)
	26 8:30 Tai Chi (973) 9:45 Aqua Balance and Strength (JAC) 10:45 Smart Bells (AR) 2:00 ABC's (AR)	27 8:00 Walking Group (FC) 9:45 Aquacise (JAC) 10:45 Smart Bells II (AR) 11:30 Cornhole (AR) 1:00 Hatha Yoga: Mixed Level (AR) 2:30 Small Group Strength Session (AR)	28 8:00 Walking Group (FC) 9:45 Aquacise (JAC) 10:45 Smart Bells II (AR) 11:30 Cornhole (AR) 1:00 Hatha Yoga: Mixed Level (AR) 2:30 Small Group Strength Session (AR)	29 Chinese New Year 9:45 Aqua Balance and Strength (JAC) 10:45 Smart Bells (AR) 12:00 Gentle Yoga (AR) 1:30 Posture 101 (AR) 2:00 ABC's (AR)	30 8:30 Morning Core (973) 9:45 Aquacise (JAC) 10:45 Smart Bells II (AR) 11:30 Bold Moves (AR) 1:00 Chair Yoga (AR) 2:30 Small Group Strength Session (AR)	31 8:00 Walking Group (FC) 10:45 Smart Bells (AR) 11:30 Cornhole (AR)

January 2025

Fitness Classes

NIFS Fitness Director - 804-521-9266

