


Newbury Court Fitness Calendar

February 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30- Zumba w/ Judy (Great Room) 10:00-Strength Training w/ Sarah (Community Room) 11:15-Balance Class w/ Sarah (Great Room)	2 10:00- Kieser Strength w/ Don (Fitness Room)
3	4 10:00 -Tai Chi w/ Jane (Great Room) 11:00- Kieser Strength w/ Don (Fitness Room) 2:30 Lower Level Balance Class w/ Sarah (Mirrored Room)	5 10:00- Combo Class w/ Fran (Great Room) 11:00- Gentle Yoga w/ Cathy M (Community Room) 2:00- Meditation w/ Patricia (Community Room)	6 11:00- Gentle Movement w/ Susanne L (Great Room) 1:00- Strength Class w/ Lorae (Mirrored Exercise Room) 2:00- Kieser Strength Training w/ Don (Fitness Room)	7 10:00- Combo Class w/ Fran (Great Room) 10:00- Mindfulness Meditation w/ Kristen (Chapel)	8 ZUMBA CANCELLED 10:00-Strength Training w/ Sarah (Community Room) 11:15-Balance Class w/ Sarah (Great Room)	9 10:00- Kieser Strength w/ Don (Fitness Room)
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