


Newbury Court Fitness Calendar

January 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 NEW YEARS DAY MEDITATION CLASS- CANCELLED YOGA- CANCELLED 10:00- Combo Class w/ Fran (Great Room)	2 GENTLE MOVEMENT- CANCELLED 1:00- Strength Class w/ Lorae (Mirrored Exercise Room) 2:00- Kieser Strength Training w/ Don (Fitness Room)	3 10:00- Combo Class w/ Fran (Great Room) 10:00- Mindfulness Meditation w/ Kristen (Chapel)	4 9:30- Zumba w/ Judy (Great Room) 10:00- Strength Training w/ Sarah (Community Room) 11:15- Balance Class w/ Sarah (Great Room)	5 10:00- Kieser Strength w/ Don (Fitness Room)
6	7 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)	8 10:00- Combo Class w/ Fran (Great Room) 11:00- Gentle Yoga w/ Cathy M (Community Room) 2:00- Meditation w/ Patricia (Community Room)	9 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)	10 10:00- Combo Class w/ Fran (Great Room) 10:00- Mindfulness Meditation w/ Kristen (Chapel)	11 ZUMBA-CANCELLED 10:00- Strength Training w/ Sarah (Community Room) 11:15- Balance Class w/ Sarah (Great Room)	12 10:00- Kieser Strength w/ Don (Fitness Room)
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20	21 MARTIN LUTHER KING JR DAY 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)	22 10:00- Combo Class w/ Fran (Great Room) 11:00- Gentle Yoga w/ Cathy M (Community Room) 2:00- Meditation w/ Patricia (Community Room)	23 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)	24 10:00- Combo Class w/ Fran (Great Room) 10:00- Mindfulness Meditation w/ Kristen (Chapel)	25 9:30- Zumba w/ Judy (Great Room) 10:00- Strength Training w/ Sarah (Community Room) 11:15- Balance Class w/ Sarah (Great Room)	26 10:00- Kieser Strength w/ Don (Fitness Room)
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