

February 2012 New Heart Programs

| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|--|--|--|--|---------------------------------------|
| | GROUNDHOG DAY  February 2nd | Happy Valentine's Day February 14th  | 1 Silver Sneakers® class 10:30 a.m. Open Heart Art Studio 3-7 p.m. | 2 Tai Chi 8:00 a.m. EnhanceFitness 9 a.m. Yoga 10:30 a.m. Qi Gong 12:30p.m. | 3 Silver Sneakers® class 10:00 a.m. | 4 EnhanceFitness 9-10 a.m. |
| 5 | 6 Silver Sneakers® class 10:30 a.m. Stress Skills 12p.m. Tai Chi 6:15 p.m. | 7 Tai Chi 6:30 a.m. EnhanceFitness 9 a.m. Yoga 10:30 a.m. Qi Gong 12:30p.m. | 8 Silver Sneakers® class 10:30 a.m. Open Heart Art Studio 3-7 p.m. | 9 Tai Chi 8:00 a.m. EnhanceFitness 9 a.m. Yoga 10:30 a.m. Qi Gong 12:30p.m. | 10 Silver Sneakers® class 10:00 a.m. | 11 EnhanceFitness 9-10 a.m. |
| 12 | 13 Silver Sneakers® class 10:30 a.m. Stress Skills 12p.m. Tai Chi 6:15 p.m. | 14 Tai Chi 6:30 a.m. EnhanceFitness 9 a.m. Yoga 10:30 a.m. Qi Gong 12:30p.m. | 15 Silver Sneakers® class 10:30 a.m. Open Heart Art Studio 3-7 p.m. | 16 Tai Chi 8:00 a.m. EnhanceFitness 9 a.m. Yoga 10:30 a.m. Qi Gong 12:30p.m. | 17 Silver Sneakers® class 10:00 a.m. | 18 EnhanceFitness 9-10 a.m. |
| 19 | 20 Silver Sneakers® class 10:30 a.m. Stress Skills 12p.m. Tai Chi 6:15 p.m. | 21 Tai Chi 6:30 a.m. EnhanceFitness 9 a.m. Yoga 10:30 a.m. Qi Gong 12:30p.m. | 22 Silver Sneakers® class 10:30 a.m. Open Heart Art Studio 3-7 p.m. | 23 Tai Chi 8:00 a.m. EnhanceFitness 9 a.m. Yoga 10:30 a.m. Qi Gong 12:30p.m. | 24 Silver Sneakers® class 10:00 a.m. February Birthdays Celebration 10:30-11:30a.m.  | 25 EnhanceFitness 9-10 a.m. |
| 27 | 30 Silver Sneakers® class 10:30 a.m. Stress Skills 12p.m. Tai Chi 6:15 p.m. | 28 Tai Chi 6:30 a.m. EnhanceFitness 9 a.m. Yoga 10:30 a.m. Qi Gong 12:30p.m. | 29 Silver Sneakers® class 10:30 a.m. Open Heart Art Studio 3-7 p.m. | Visit our Learning Center open daily  | We participate in the Silver Sneakers® Fitness Program. | |