Edenwald Fitness & Wellness February 2024

Sauce of goal	Man day	Taracdan	Wadaaadaa	Thomasday	Trádan	Satareday
Sunday	Monday	Tuesday	Wednesday	Thursday	Fríday	Saturday
			February is HEART HEALTH month	9:45AM Morning Stretch (FS) 10:30AM Seated Yoga (FS) 2PM Seated Zumba (FS)	9:45AM Strength & Stretch (AUD) 10:45AM Aqua Exercise (Pool) 1PM Meditation w/Jayme (FS) 2PM Balance Training (FS)	3 11AM Dance for PD (SH) All are welcome!
4	5	6	7	8	9	10
	9:45AM Strength & Stretch	Amy is out of the office	9:45AM Strength &	9:45AM Morning	9:45AM Strength &	11AM Dance for PD
	(AUD)	this morning.	Stretch (AUD)	Stretch (FS)	Stretch (AUD)	(SH) All are welcome!
				10:30AM Seated Yoga		
	11AM Tai Chi w/Eric via	2PM Balance Training	2PM Core Blast (FS)	(FS)	10:45AM Aqua	
	ZOOM	(FS)		1PM Sword & Stone (FS) (RR)	Exercise (Pool)	
	2PM Wellness Workout (FS)			2PM Seated Zumba (FS)	2PM Balance Training	
	21 W Weiliness Weilikeat (13)				(FS)	
					(1.5)	
11	12	13	14	15	16	17
A manda a m	9:45AM Strength & Stretch	9:45AM Morning Stretch	9:45AM Strength &	10:30AM Seated Yoga	9:45AM Strength &	11AM Dance for PD
American	(AUD)	(FS)	Stretch (TM)	(FS)	Stretch (AUD)	(SH) All are welcome!
	11 A A A Toi Chi / 5 = i a i a	2DM Delever Today	2PM Core Blast (FS)	A	40.45444	
	11AM Tai Chi w/Eric via ZOOM	2PM Balance Training	♥ HAPPY	Amy is out of the office	10:45AM Aqua	
	200101	(FS)	Valentine's		Exercise (Pool)	
Y Heari Month Y	2PM Wellness Workout (FS)		Valentine's DAY		2PM Balance Training	
					(FS)	

With the exception of Core Blast, all classes will work with various fitness levels. You must be pre-approved to attend Core Blast. Please contact Amy with questions.

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18	19	20	21	22	23	24
	9:45AM Strength & Stretch	9:30AM Aqua Class	9:45AM Strength &	9:45AM Morning	9:45AM Strength &	11AM Dance for PD
	(AUD)	w/Kyle (P)	Stretch (AUD)	Stretch (FS)	Stretch (AUD)	(SH) All are welcome!
		9:45AM Morning Stretch				
	11AM Tai Chi w/Eric via	(FS)	2PM Core Blast (FS)	10:30AM Seated Yoga	10:45AM Aqua	
	ZOOM	10:30AM Strength		(FS)	Exercise (Pool)	
		Training w/Mary Ann				
	2PM Wellness Workout (FS)	(FS)		2PM Seated Zumba (FS)	2PM Balance Training	
		2PM Balance Training			(FS)	
		(FS)				
25	26	27	28	29		
	9:45AM Strength & Stretch	9:30AM Aqua Class	9:45AM Strength &	9:45AM Morning		
	(AUD)	w/Kyle (P)	Stretch (AUD)	Stretch (FS)		
		9:45AM Morning Stretch				
	11AM Tai Chi w/Eric via	(FS)	2PM Core Blast (FS)	10:30AM Seated Yoga		00 0
	ZOOM	10:30AM Strength		(FS)		
		Training w/Mary Ann				
	2PM Wellness Workout (FS)	(FS)		2PM Seated Zumba (FS)		
		2PM Balance Training				
		(FS)				
February is American Heart Month	American		, 4 978 y 4 8 4 b			
Take Care	d a OO d a					
of Your Heart						35
1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1						Silver Silver
V V V V V V V V V V V V V V V V V V V					17	You make
	Y Heart Month Y					my heart sing.
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Highlight represents special events. AUD-Auditorium, FS-Fitness Studio, SH-Stroh Hall, TM-Terrace's Multipurpose Room.