
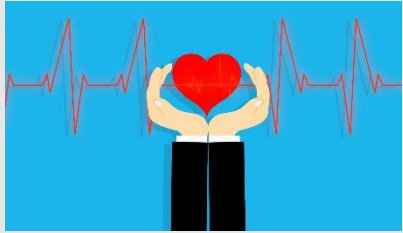








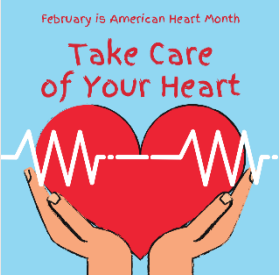


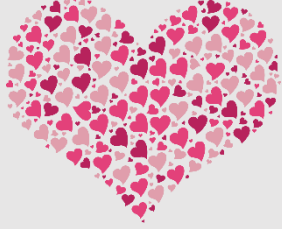





Edenwald Fitness & Wellness February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:45AM Morning Stretch (FS) 10:30AM Seated Yoga (FS) 2PM Seated Zumba (FS)	2 9:45AM Strength & Stretch (AUD) 10:45AM Aqua Exercise (Pool) 1PM Meditation w/Jayne (FS) 2PM Balance Training (FS)	3 11AM Dance for PD (SH) All are welcome!
4 	5 9:45AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM 2PM Wellness Workout (FS)	6 Amy is out of the office this morning. 2PM Balance Training (FS)	7 9:45AM Strength & Stretch (AUD) 2PM Core Blast (FS)	8 9:45AM Morning Stretch (FS) 10:30AM Seated Yoga (FS) 1PM Sword & Stone (FS) (RR) 2PM Seated Zumba (FS)	9 9:45AM Strength & Stretch (AUD) 10:45AM Aqua Exercise (Pool) 2PM Balance Training (FS)	10 11AM Dance for PD (SH) All are welcome!
11 	12 9:45AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM 2PM Wellness Workout (FS)	13 9:45AM Morning Stretch (FS) 2PM Balance Training (FS)	14 9:45AM Strength & Stretch (TM) 2PM Core Blast (FS) ♥HAPPY Valentine's DAY♥	15 10:30AM Seated Yoga (FS) Amy is out of the office	16 9:45AM Strength & Stretch (AUD) 10:45AM Aqua Exercise (Pool) 2PM Balance Training (FS)	17 11AM Dance for PD (SH) All are welcome!

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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<p>18</p> 	<p>19 9:45AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM 2PM Wellness Workout (FS)</p>	<p>20 9:30AM Aqua Class w/Kyle (P) 9:45AM Morning Stretch (FS) 10:30AM Strength Training w/Mary Ann (FS) 2PM Balance Training (FS)</p>	<p>21 9:45AM Strength & Stretch (AUD) 2PM Core Blast (FS)</p>	<p>22 9:45AM Morning Stretch (FS) 10:30AM Seated Yoga (FS) 2PM Seated Zumba (FS)</p>	<p>23 9:45AM Strength & Stretch (AUD) 10:45AM Aqua Exercise (Pool) 2PM Balance Training (FS)</p>	<p>24 11AM Dance for PD (SH) All are welcome!</p>
<p>25</p> 	<p>26 9:45AM Strength & Stretch (AUD) 11AM Tai Chi w/Eric via ZOOM 2PM Wellness Workout (FS)</p>	<p>27 9:30AM Aqua Class w/Kyle (P) 9:45AM Morning Stretch (FS) 10:30AM Strength Training w/Mary Ann (FS) 2PM Balance Training (FS)</p>	<p>28 9:45AM Strength & Stretch (AUD) 2PM Core Blast (FS)</p>	<p>29 9:45AM Morning Stretch (FS) 10:30AM Seated Yoga (FS) 2PM Seated Zumba (FS)</p>		
						

Highlight represents special events. AUD-Auditorium, FS-Fitness Studio, SH-Stroh Hall, TM-Terrace's Multipurpose Room.