

February 2020

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|---|---|--|--|--|---------------------------|
| | | | | | | | 1 <i>Drink Water!</i> |
| 2 <i>Are you getting good rest?</i> | | 3 9:00 Active Aging 10:00-11:00 at Baptist Village Gentle Exercise 12:00-12:30 Weight Training 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout 6:00 Zumba | 4 5:30-6:30 Yoga 7:30-8:30 Personal Training 2:00-2:30 Yoga 3:00 Walk 5:00 Intro to Fitness 6:00 Zumba | 5 9:00 Active Aging 12:00-12:30 Weight Training 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout | 6 5:30-6:30 Yoga 7:30-8:30 Personal Training 2:00-2:30 Yoga 3:00 Zumba 5:00 Intro to Fitness 6:00 Zumba | 7 12:00-12:30 Weight Training 2:00-2:30 Workout 3:00pm Walk | 8 <i>Sleep!</i> |
| 9 <i>How is your nutrition?</i> | | 10 9:00 Active Aging 10:00-11:00 at Baptist Village Gentle Exercise 12:00-12:30 Weight Training 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout 6:00 Zumba | 11 5:30-6:30 Yoga 7:30-8:30 Personal Training 2:00-2:30 Yoga 3:00 Walk 5:00 Intro to Fitness 6:00 Zumba | 12 9:00 Active Aging 12:00-12:30 Weight Training 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout | 13 5:30-6:30 Yoga 7:30-8:30 Personal Training 2:00-2:30 Yoga 3:00 Zumba 5:00 Intro to Fitness 6:00 Zumba | 14 12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk | 15 <i>Stretch!</i> |
| 16 <i>Are you feeding your soul?</i> | | 17 9:00 Active Aging 10:00-11:00 at Baptist Village Gentle Exercise 12:00-12:30 Weight Training 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout 6:00 Zumba | 18 5:30-6:30 Yoga 7:30-8:30 Personal Training 2:00-2:30 Yoga 3:00 Walk 5:00 Intro to Fitness 6:00 Zumba | 19 9:00 Active Aging 12:00-12:30 Weight Training 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout | 20 5:30-6:30 Yoga 7:30-8:30 Personal Training 2:00-2:30 Yoga 3:00 Zumba 5:00 Intro to Fitness 6:00 Zumba | 21 12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk | 22 <i>Drink Water!</i> |
| 23 <i>Think kindness Speak kindness Give kindness</i> | | 24 9:00 Active Aging 10:00-11:00 at Baptist Village Gentle Exercise 12:00-12:30 Weight Training 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout 6:00 Zumba | 25 5:30-6:30 Yoga 7:30-8:30 Personal Training 2:00-2:30 Yoga 3:00 Walk 5:00 Intro to Fitness 6:00 Zumba | 26 9:00 Tai Chi 12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk 5-5:45pm Workout | 27 5:30-6:30 Yoga 7:30-8:30 Personal Training 2:00-2:30 Yoga 3:00 Zumba 5:00 Intro to Fitness 6:00 Zumba | 28 12:00-12:30 Yoga 2:00-2:30 Workout 3:00pm Walk | 29 |