

SILVERSNEAKERS[®] FEBRUARY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>New this Month: Bingo @ Chick-Fil-A Feb. 14th</p>	<p>Check out Line Dance on New Day w/Marissa Wednesdays 11-12</p>		<p>1 Zumba Gold w/Yvonne 9:00-10:00 Silver Splash 10-10:45 Arthritis Foundation 11-11:45 Line Dance w/Marissa 11-12</p>	<p>2 Tai Chi w/James 9-10 Silver Splash 10-10:45 Arthritis Foundation 11</p>	<p>3 Joy Class w/Theresa 9-10 Zumba Gold w/Yvonne 10-11 Silver Splash 10-10:45 Arthritis Foundation 11-11:45</p>	<p>4 Silver Splash 10-10:45</p>
<p>5</p>	<p>6 Yoga Stretch 9:00-10:00 Zumba Gold w/Yvonne 10 Indoor Track 10:00-10:30 Break 10:30-10:45 Fitness Center 10:45-11:15 Silver Splash 10-10:45 Arthritis Foundation 11</p>	<p>7 Indoor Track 9:00-9:15 Fitness Center 9:15-9:45 Break 9:45-10:00 MSROM 10:00-11:00 Silver Splash 10-10:45 Arthritis Foundation 11</p>	<p>8 Zumba Gold w/Yvonne 9:00-10:00 Silver Splash 10-10:45 Arthritis Foundation 11-11:45 Line Dance w/Marissa 11-12</p>	<p>9 Tai Chi w/James 9-10 Silver Splash 10-10:45 Arthritis Foundation 11</p>	<p>10 Joy Class w/Theresa 9-10 Zumba Gold w/Yvonne 10-11 Silver Splash 10-10:45 Arthritis Foundation 11-11:45</p>	<p>11 Silver Splash 10-10:45</p>
<p>12</p>	<p>13 Yoga Stretch 9:00-10:00 Indoor Track 10:00-10:30 Break 10:30-10:45 Fitness Center 10:45-11:15 Silver Splash 10-10:45 Arthritis Foundation 11</p>	<p>14 BINGO @ Chick-Fil-A On Hanes Mall Blvd Leaving at 8:15am (NO CLASS)</p>	<p>15 Zumba Gold w/Yvonne 9:00-10:00 Silver Splash 10-10:45 Arthritis Foundation 11-11:45 Line Dance w/Marissa 11-12</p>	<p>16 Tai Chi w/James 9-10 Silver Splash 10-10:45 Arthritis Foundation 11</p>	<p>17 Joy Class w/Theresa 9-10 Zumba Gold w/Yvonne 10-11 Silver Splash 10-10:45 Arthritis Foundation 11-11:45</p>	<p>18 Silver Splash 10-10:45</p>
<p>19</p>	<p>20 Yoga Stretch 9:00-10:00 Zumba Gold w/Yvonne 10 Indoor Track 10:00-10:30 Break 10:30-10:45 Fitness Center 10:45-11:15 Silver Splash 10-10:45 Arthritis Foundation 11</p>	<p>21 Indoor Track 9:00-9:15 Fitness Center 9:15-9:45 Break 9:45-10:00 MSROM 10:00-11:00 Silver Splash 10-10:45 Arthritis Foundation 11</p>	<p>22 Zumba Gold w/Yvonne 9:00-10:00 Silver Splash 10-10:45 Arthritis Foundation 11-11:45 Line Dance w/Marissa 11-12</p>	<p>23 Tai Chi w/James 9-10 Silver Splash 10-10:45 Arthritis Foundation 11</p>	<p>24 Joy Class w/Theresa 9-10 Zumba Gold w/Yvonne 10-11 Silver Splash 10-10:45 Arthritis Foundation 11-11:45</p>	<p>25 Silver Splash 10-10:45</p>
<p>26</p>	<p>27 Yoga Stretch 9:00-10:00 Indoor Track 10:00-10:30 Break 10:30-10:45 Fitness Center 10:45-11:15 Silver Splash 10-10:45 Arthritis Foundation 11</p>	<p>28 International Civil Rights Museum in Greensboro, NC Leaving at 7:45am (NO CLASS)</p>	<p>29 Zumba Gold w/Yvonne 9:00-10:00 Silver Splash 10-10:45 Arthritis Foundation 11-11:45 Line Dance w/Marissa 11-12</p>			

AM & PM
 60-70-80-90-100-110-120