

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:15 Tai Chi (OC) 1 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 12:30 Personal Training (H) 2:00 Live It Group! (OC)	8:00 Yoga (CDR) 2 10:00 Water Walking (P) 11:00 Aqua Personal Training (P) 11:45 Water Personal Training (P) 1:00 Chair Strength (CDR)	8:15 Tai Chi (OC) 3 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 12:30 Personal Training (H) 1:30 Personal Training (H)	8:00 Yoga (CDR) 4 10:00 Water Walking (P) 11:00 Aqua Personal Training (P) 11:45 Water Personal Training (P) 1:00 Chair Strength (CDR)	8:15 Tai Chi (OC) 5 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 12:30 Personal Training (H)	6
	7 8:15 Tai Chi (OC) 8 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 12:30 Personal Training (H) 2:00 Live It Group! (OC)	8:00 Yoga (CDR) 9 10:00 Water Walking (P) 11:00 Aqua Personal Training (P) 11:45 Water Personal Training (P) 1:00 Chair Strength (CDR)	8:15 Tai Chi (OC) 10 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 12:30 Personal Training (H) 1:30 Personal Training (H)	8:00 Yoga (CDR) 11 10:00 Water Walking (P) 11:00 Aqua Personal Training (P) 11:45 Water Personal Training (P) 1:00 Chair Strength (CDR)	8:15 Tai Chi (OC) 12 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 12:30 Personal Training (H)	13
	14 8:15 Tai Chi (OC) 15 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 12:30 Personal Training (H) 2:00 Live It Group! (OC)	8:00 Yoga (CDR) 16 10:00 Water Walking (P) 11:00 Aqua Personal Training (P) 11:45 Water Personal Training (P) 1:00 Chair Strength (CDR)	8:15 Tai Chi (OC) 17 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 12:30 Personal Training (H) 1:30 Personal Training (H)	8:00 Yoga (CDR) 18 10:00 Water Walking (P) 11:00 Aqua Personal Training (P) 11:45 Water Personal Training (P) 1:00 Chair Strength (CDR)	8:15 Tai Chi (OC) 19 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 12:30 Personal Training (H)	20
	21 8:15 Tai Chi (OC) 22 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 12:30 Personal Training (H) 2:00 Live It Group! (OC)	8:00 Yoga (CDR) 23 10:00 Water Walking (P) 11:00 Aqua Personal Training (P) 11:45 Water Personal Training (P) 1:00 Chair Strength (CDR)	8:15 Tai Chi (OC) 24 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 12:30 Personal Training (H) 1:30 Personal Training (H)	8:00 Yoga (CDR) 25 10:00 Water Walking (P) 11:00 Aqua Personal Training (P) 11:45 Water Personal Training (P) 1:00 Chair Strength (CDR)	8:15 Tai Chi (OC) 26 9:00 Aqua Fit (P) 10:00 Aqua Fit (P) 11:30 Personal Training (H) 12:30 Personal Training (H)	27
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February 2021 
Hygeia Fitness & Aquatics