

# FEBRUARY 2012

SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
			<b>1</b> <u>5:45-6:45am</u> Boot Camp <u>8:30-9:15am</u> Senior Toning <u>9:30-10:30am</u> Water Aerobics <u>11:15am-12:00pm</u> Senior Toning-BC <u>12:30-1:30pm</u> Gentle Yoga with Liz-BC <u>4:00-5:00pm</u> All Levels Yoga with Liz-BC <u>5:00-5:45pm</u> Zumba <u>5:10-6:10pm</u> All Levels Yoga with Dennis-BC <u>5:15-6:15pm</u> Water Aerobics	<b>2</b> <u>8:00-9:00am</u> Arthritis H2O Aerobics <u>8:30-9:15am</u> Classic Cardio <u>11:00-11:45am</u> Silver Sneakers-BC <u>12:15-1:00pm</u> Step Circuit <u>12:30-1:00pm</u> Relaxation Yoga with Liz-BC <u>4:00-5:00pm</u> Water Aerobics <u>4:00-5:00pm</u> Sculpt & Tone <u>4:00-5:00pm</u> All Levels Yoga with Jan-BC <u>5:00-5:45pm</u> Zumba <u>5:10-6:10pm</u> Non-Beginner Yoga with Liz-BC <u>5:15-6:15pm</u> Water Aerobics <u>7:00-8:00pm</u> Boot Camp	<b>3</b> <u>5:45-6:45am</u> Boot Camp <u>8:30-9:15am</u> Senior Toning <u>9:30-10:30am</u> Water Aerobics <u>11:15am-12:00pm</u> Senior Toning-BC <u>12:15-1:00pm</u> Power Toning <u>1:00-1:15pm</u> 15 Minute Abs	<b>4</b> <u>9-10:30am</u> Extending Your Yoga Practice with Liz-BC  <u>10-11:00am</u> Zumba
<b>5</b>	<b>6</b> <u>5:45-6:45am</u> Boot Camp <u>8:30-9:15am</u> Senior Toning <u>9:30-10:30am</u> Water Aerobics <u>11:15am-12:00pm</u> Senior Toning-BC <u>12:15-1:00pm</u> Power Toning <u>1:00-1:15pm</u> 15 Minute Abs <u>4:00-5:00pm</u> Sculpt & Tone <u>4:00-5:00pm</u> All Levels Yoga with Liz-BC <u>4:00-5:00pm</u> Water Aerobics <u>5:10-6:10pm</u> All Levels Yoga with Gloria-BC <u>5:15-6:15pm</u> Water Aerobics	<b>7</b> <u>8:00-9:00am</u> Arthritis H2O Aerobics <u>8:30-9:15am</u> Classic Cardio <u>10:00-10:30am</u> Chair Exercise (at ASH Cancer Center) <u>11:00-11:45am</u> Silver Sneakers-BC <u>12:15-1:00pm</u> Step Circuit <u>12:30-1:00pm</u> Relaxation Yoga with Liz-BC <u>4:00-5:00pm</u> All levels Yoga with Jan-BC <u>5:00-6:45pm</u> Swim Class (must pre-register) <u>5:10-6:10pm</u> Non-Beginner Yoga with Liz-BC <u>7:00-8:00pm</u> Boot Camp <u>8:05-8:50pm</u> Zumba	<b>8</b> <u>5:45-6:45am</u> Boot Camp <u>8:30-9:15am</u> Senior Toning <u>9:30-10:30am</u> Water Aerobics <u>11:15am-12:00pm</u> Senior Toning-BC <u>12:30-1:30pm</u> Gentle Yoga with Liz-BC <u>4:00-5:00pm</u> All Levels Yoga with Liz-BC <u>5:00-5:45pm</u> Zumba <u>5:10-6:10pm</u> All Levels Yoga with Dennis-BC <u>5:15-6:15pm</u> Water Aerobics	<b>9</b> <u>8:00-9:00am</u> Arthritis H2O Aerobics <u>8:30-9:15am</u> Classic Cardio <u>11:00-11:45am</u> Silver Sneakers-BC <u>12:15-1:00pm</u> Step Circuit <u>12:30-1:00pm</u> Relaxation Yoga with Liz-BC <u>4:00-5:00pm</u> Water Aerobics <u>4:00-5:00pm</u> Sculpt & Tone (with Julie) <u>4:00-5:00pm</u> All Levels Yoga with Jan-BC <u>5:00-5:45pm</u> Zumba <u>5:10-6:10pm</u> Non-Beginner Yoga with Liz-BC <u>5:15-6:15pm</u> Water Aerobics <u>7:00-8:00pm</u> Boot Camp	<b>10</b> <u>5:45-6:45am</u> Boot Camp <u>8:30-9:15am</u> Senior Toning <u>9:30-10:30am</u> Water Aerobics <u>11:15am-12:00pm</u> Senior Toning-BC <u>12:15-1:00pm</u> Power Toning <u>1:00-1:15pm</u> 15 Minute Abs	<b>11</b> <u>9-10:30am</u> Extending Your Yoga Practice with Liz-BC  <u>10-11:00am</u> Zumba



All classes are held in the Wellness Center unless noted as 'BC'.

'BC' is the Benedictine Center. Take the elevators to the 4<sup>th</sup> Floor, and then take an immediate right.

Preregistration is required for Boot Camp and Parent Child Aquatics.

Call Avera Sacred Heart Wellness Center at 668-8357 to reserve your spot or for more information.

<p><b>12</b></p>	<p><b>13</b>  <u>5:45-6:45am</u> Boot Camp  <u>8:30-9:15am</u> Senior Toning  <u>9:30-10:30am</u> Water Aerobics  <u>11:15am-12:00pm</u> Senior Toning-BC  <u>12:15-1:00pm</u> Power Toning  <u>1:00-1:15pm</u> 15 Minute Abs  <u>4:00-5:00pm</u> Sculpt &amp; Tone  <u>4:00-5:00pm</u> All Levels Yoga with Liz-BC  <u>4:00-5:00pm</u> Water Aerobics  <u>5:10-6:10pm</u> All Levels Yoga with Gloria-BC  <u>5:15-6:15pm</u> Water Aerobics</p>	<p><b>14</b>  <u>8:00-9:00am</u> Arthritis H2O Aerobics  <u>8:30-9:15am</u> Classic Cardio (with Denise)  <u>11:00-11:45am</u> Silver Sneakers (with Denise)-BC  <u>12:30-1:00pm</u> Relaxation Yoga with Liz-BC  <u>4:00-5:00pm</u> All levels Yoga with Jan-BC  <u>5:00-6:45pm</u> Swim Class (must pre-register)  <u>5:10-6:10pm</u> Non-Beginner Yoga with Liz-BC  <u>7:00-8:00pm</u> Boot Camp  <u>8:05-8:50pm</u> Zumba</p>	<p><b>15</b>  <u>5:45-6:45am</u> Boot Camp  <u>8:30-9:15am</u> Senior Toning  <u>9:30-10:30am</u> Water Aerobics  <u>11:15am-12:00pm</u> Senior Toning-BC  <u>12:30-1:30pm</u> Gentle Yoga with Liz-BC  <u>4:00-5:00pm</u> All Levels Yoga with Liz-BC  <u>5:00-5:45pm</u> Zumba  <u>5:10-6:10pm</u> All Levels Yoga with Dennis-BC  <u>5:15-6:15pm</u> Water Aerobics</p>	<p><b>16</b>  <u>8:00-9:00am</u> Arthritis H2O Aerobics  <u>12:15-1:00pm</u> Step Circuit (with Ashley)  <u>12:30-1:00pm</u> Relaxation Yoga with Liz-BC  <u>4:00-5:00pm</u> Water Aerobics  <u>4:00-5:00pm</u> Sculpt &amp; Tone  <u>4:00-5:00pm</u> All Levels Yoga with Jan-BC  <u>5:00-5:45pm</u> Zumba  <u>5:10-6:10pm</u> Non-Beginner Yoga with Liz-BC  <u>5:15-6:15pm</u> Water Aerobics  <u>7:00-8:00pm</u> Boot Camp (last class of this session)</p>	<p><b>17</b>  <u>5:45-6:45am</u> Boot Camp (last class of this session)  <u>12:15-1:00pm</u> Power Toning  <u>1:00-1:15pm</u> 15 Minute Abs</p>	<p><b>18</b>  <u>9-10:30am</u> Extending Your Yoga Practice with Liz-BC</p>
<p><b>19</b></p>	<p><b>20</b>  <u>5:45-6:45am</u> Boot Camp (new session begins)  <u>12:15-1:00pm</u> Power Toning  <u>1:00-1:15pm</u> 15 Minute Abs  <u>4:00-5:00pm</u> Sculpt &amp; Tone  <u>4:00-5:00pm</u> All Levels Yoga with Liz-BC  <u>4:00-5:00pm</u> Water Aerobics  <u>5:10-6:10pm</u> All Levels Yoga with Gloria-BC  <u>5:15-6:15pm</u> Water Aerobics</p>	<p><b>21</b>  <u>8:00-9:00am</u> Arthritis H2O Aerobics  <u>8:30-9:15am</u> Classic Cardio  <u>10:00-10:30am</u> Chair Exercise (at ASH Cancer Center)  <u>11:00-11:45am</u> Silver Sneakers-BC  <u>12:15-1:00pm</u> Step Circuit  <u>12:30-1:00pm</u> Relaxation Yoga with Liz-BC  <u>4:00-5:00pm</u> All levels Yoga with Jan-BC  <u>5:00-6:45pm</u> Swim Class (must pre-register)  <u>5:10-6:10pm</u> Non-Beginner Yoga with Liz-BC  <u>7:00-8:00pm</u> Boot Camp (new session begins)  <u>8:05-8:50pm</u> Zumba</p>	<p><b>22</b>  <u>5:45-6:45am</u> Boot Camp  <u>8:30-9:15am</u> Senior Toning (with Julie)  <u>9:30-10:30am</u> Water Aerobics (with Julie)  <u>11:15am-12:00pm</u> Senior Toning (with Julie)-BC  <u>12:30-1:30pm</u> Gentle Yoga with Liz-BC  <u>4:00-5:00pm</u> All Levels Yoga with Liz-BC  <u>5:00-5:45pm</u> Zumba  <u>5:10-6:10pm</u> All Levels Yoga with Dennis-BC  <u>5:15-6:15pm</u> Water Aerobics</p>	<p><b>23</b>  <u>8:00-9:00am</u> Arthritis H2O Aerobics  <u>8:30-9:15am</u> Classic Cardio  <u>11:00-11:45am</u> Silver Sneakers-BC  <u>12:15-1:00pm</u> Step Circuit  <u>12:30-1:00pm</u> Relaxation Yoga with Liz-BC  <u>4:00-5:00pm</u> Water Aerobics  <u>4:00-5:00pm</u> Sculpt &amp; Tone (with Julie)  <u>4:00-5:00pm</u> All Levels Yoga with Jan-BC  <u>5:00-5:45pm</u> Zumba  <u>5:10-6:10pm</u> Non-Beginner Yoga with Liz-BC  <u>5:15-6:15pm</u> Water Aerobics  <u>7:00-8:00pm</u> Boot Camp</p>	<p><b>24</b>  <u>5:45-6:45am</u> Boot Camp  <u>8:30-9:15am</u> Senior Toning (with Julie)  <u>9:30-10:30am</u> Water Aerobics (with Julie)  <u>11:15am-12:00pm</u> Senior Toning (with Julie)-BC  <u>12:15-1:00pm</u> Power Toning  <u>1:00-1:15pm</u> 15 Minute Abs</p>	<p><b>25</b>  <u>9-10:30am</u> Extending Your Yoga Practice with Liz-BC  <u>10-11:00am</u> Zumba</p>
<p><b>26</b></p>	<p><b>27</b>  <u>5:45-6:45am</u> Boot Camp  <u>8:30-9:15am</u> Senior Toning  <u>9:30-10:30am</u> Water Aerobics  <u>11:15am-12:00pm</u> Senior Toning-BC  <u>12:15-1:00pm</u> Power Toning  <u>1:00-1:15pm</u> 15 Minute Abs  <u>4:00-5:00pm</u> Sculpt &amp; Tone  <u>4:00-5:00pm</u> All Levels Yoga with Liz-BC  <u>4:00-5:00pm</u> Water Aerobics  <u>5:10-6:10pm</u> All Levels Yoga with Gloria-BC  <u>5:15-6:15pm</u> Water Aerobics</p>	<p><b>28</b>  <u>8:00-9:00am</u> Arthritis H2O Aerobics  <u>8:30-9:15am</u> Classic Cardio  <u>10:00-10:30am</u> Chair Exercise (at ASH Cancer Center)  <u>11:00-11:45am</u> Silver Sneakers-BC  <u>12:15-1:00pm</u> Step Circuit  <u>12:30-1:00pm</u> Relaxation Yoga with Liz-BC  <u>4:00-5:00pm</u> All levels Yoga with Jan-BC  <u>5:00-6:45pm</u> Swim Class (must pre-register)  <u>5:10-6:10pm</u> Non-Beginner Yoga with Liz-BC  <u>7:00-8:00pm</u> Boot Camp  <u>8:05-8:50pm</u> Zumba</p>	<p><b>29</b>  <u>5:45-6:45am</u> Boot Camp  <u>8:30-9:15am</u> Senior Toning  <u>9:30-10:30am</u> Water Aerobics  <u>11:15am-12:00pm</u> Senior Toning-BC  <u>12:30-1:30pm</u> Gentle Yoga with Liz-BC  <u>4:00-5:00pm</u> All Levels Yoga with Liz-BC  <u>5:00-5:45pm</u> Zumba  <u>5:10-6:10pm</u> All Levels Yoga with Dennis-BC  <u>5:15-6:15pm</u> Water Aerobics</p>			