

CLUB PARADISE WELLNESS PROGRAM ACTIVITIES

FEBRUARY 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10am Total Body Conditioning 11am Sit & Get Fit 2p Tai Chi 6pm Arthritis Aqua Class	2 9:30a Cedars FunFit 10a Water Walkers 6p Employee CARDIO FUSION	3 10a Water Walkers 10a Pilot Land Arthritis Workout with Candy 11a Land-Based Arthritis Workout with Peggy	4
5	6 10am Total Body Conditioning 11am Sit & Get Fit 6pm Arthritis Aqua Class	7 10a Line Dancing 10a Water Walkers 2p Cedars FunFit 6p Aqua Fitness	8 10am Total Body Conditioning 11am Sit & Get Fit 2p Tai Chi 6pm Arthritis Aqua Class	9 10a Water Walkers 6p Employee CARDIO FUSION	10 10a Water Walkers 10a Pilot Land Arthritis Workout with Candy	11
12	13 10am Total Body Conditioning 11am Sit & Get Fit 6pm Arthritis Aqua Class	14 10a Water Walkers 6p Aqua Fitness	15 10am Total Body Conditioning 11am Sit & Get Fit 2p Tai Chi 6pm Arthritis Aqua Class	16 9:30 Cedars FunFit 10a Water Walkers 11a Balance & Stabilize 6p Employee CARDIO FUSION	17 10a Water Walkers 10a Land-Based Arthritis Workout 11a TBA	18
19	20 10am Total Body Conditioning 11am Sit & Get Fit 6pm Arthritis Aqua Class	21 10a Line Dancing 10a Water Walkers 2p Cedars FunFit 6p Aqua Fitness	22 10am Total Body Conditioning 11am Sit & Get Fit 2p Tai Chi 6pm Arthritis Aqua Class	23 9:30a Cedars FunFit 10a Water Walkers 11a Balance & Stabilize 6p Employee CARDIO FUSION	24 10a Water Walkers 10a Land-Based Arthritis Workout 11a TBA	25
26	27 10am Total Body Conditioning 11am Sit & Get Fit 6pm Arthritis Aqua Class	28 10a Line Dancing 10a Water Walkers 2p Cedars FunFit 6p Aqua Fitness	29 10am Total Body Conditioning 11am Sit & Get Fit 2p Tai Chi 6pm Arthritis Aqua Class			



