

# Weekly Vitality Programs for January 9th—January 15th



**January 11th:** 9:15am Dance Cardio w/ Kathryn Magnolia/Pines Bld. (TCA)  
10:00am Dance Cardio w/ Kathryn Willows/ Palms Bld. (TCA)  
4:00pm Balcony Happy Hour w/ “Double Take” (Pines North Bld.)

**January 12th:** 9:15am Sit & Get Fit w/ Kathryn for Magnolia/Pines Only (TCA)  
10:00am Sit & Get Fit w/ Kathryn for Willows/Palms Only (TCA)

**January 13th:** 9:15am Balance & Stabilize w/ Kathryn for Magnolia/Pines Bld. (TCA)  
10:00am Balance & Stabilize w/ Kathryn for Willows/Palms Bld. (TCA)

**January 14th:** 9:15am Sit & Get Fit w/ Kathryn for Magnolia/Pines Bld. (TCA)  
10:00am Sit & Get Fit w/ Kathryn for Willows/Palms Bld. (TCA)

**January 15th:** 9:15am Balance & Stabilize w/ Kathryn for Magnolia/Pines Bld. (TCA)  
10:00am Balance & Stabilize w/ Kathryn for Willows/Palms Bld. (TCA)

