

-Monday-

Elders Chair Yoga: 9:15 A.M. - 10:00 A.M.
 Yoga: 6:00 P.M. - 6:45 P.M.
 Game Room: 3:00 P.M. - 6:30 P.M.
 Open Gym: 3:00 P.M. - 8:00 P.M.
 Weight Room: 8:00M A.M. - 8:00 P.M.

-Tuesday-

Game Room: 3:00 P.M. - 6:30 P.M.
 Open Gym: 3:00 P.M. - 8:00 P.M.
 Boot Camp: 5:30 P.M. - 6:30 P.M.
 Karate Little Dragons: 5:45 P.M. - 6:15 P.M.
 Karate Ninja Warriors: 6:15 P.M. - 6:45 P.M.
 Weight Room: 8:00 A.M. - 8:00 P.M.

-Wednesday-

Elders Chair Yoga: 9:15 A.M. - 10:00 A.M.
 Yoga: 6:00 P.M. - 6:45 P.M.
 Country 2-Step/Rumba: 6:00 P.M. - 7:00 P.M.
 Game Room: 3:00 P.M. - 6:30 P.M.
 Open Gym: 3:00 P.M. - 8:00 P.M.
 Weight Room: 8:00 A.M. - 8:00 P.M.

-Thursday-

Game Room: 3:00 P.M. - 6:30 P.M.
 Open Gym: 3:00 P.M. - 8:00 P.M.
 Boot Camp: 6:30 P.M. - 7:30 P.M.
 Karate Little Dragons: 5:45 P.M. - 6:15 P.M.
 Karate Ninja Warriors: 6:15 P.M. - 6:45 P.M.
 Joint Mobility Yoga: 5:30 P.M. - 6:15 P.M.
 Weight Room: 8:00 A.M. - 8:00 P.M.

*2/12/19 - Family Valentine Craft Day
 6:00 P.M. - 8:00 P.M.*

*2/13/19 - Family Valentine Dodge Ball Tournament
 5:30 P.M. - 9:00 P.M.*

♥ February 2019 ♥

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Weight Room	2
3	4 Elders Chair Yoga Yoga Game Room Open Gym Weight Room	5 Boot Camp K.L.D K.N.W Game Room Open Gym Weight Room	6 Elders Chair Yoga Yoga Country 2-Step/Rumba Game Room Open Gym Weight Room	7 Boot Camp K.L.D K.N.W Joint Mobility Yoga Game Room Open Gym Weight Room	8 Weight Room	9
10	11 Elders Chair Yoga Yoga Game Room Open Gym Weight Room	12 Boot Camp K.L.D K.N.W Game Room Open Gym Weight Room	13 Elders Chair Yoga Yoga Country 2-Step/Rumba Weight Room	14 Boot Camp K.L.D K.N.W Joint Mobility Yoga Game Room Open Gym Weight Room	15 Weight Room	16
17	18 Elders Chair Yoga Yoga Game Room Open Gym Weight Room	19 Boot Camp K.L.D K.N.W Game Room Open Gym Weight Room	20 Elders Chair Yoga Yoga Country 2-Step/Rumba Game Room Open Gym Weight Room	21 Boot Camp K.L.D K.N.W Joint Mobility Yoga Game Room Open Gym Weight Room	22 Weight Room	23
24	25 Elders Chair Yoga Yoga Game Room Open Gym Weight Room	26 Boot Camp K.L.D K.N.W Game Room Open Gym Weight Room	27 Elders Chair Yoga Yoga Country 2-Step/Rumba Game Room Open Gym Weight Room	28 Boot Camp K.L.D K.N.W Joint Mobility Yoga Game Room Open Gym Weight Room		

For more information contact Vah Ki Recreation at (520) 315-3441