


# February 2025 Classes and Events

| SUN  | MON  | TUE   | WED  | THURS  | FRI   | SAT   |
|--|--|---|--|--|---|---|
| <p><b>Hours: Monday-Thursday: 5 AM-9 PM</b><br/> <b>Friday: 5 AM-8 PM</b><br/> <b>Saturday and Sunday: 7 AM-7 PM</b></p> |  |   |  |  |    | <b>1</b>  |
| <b>2</b>   | <b>3</b><br>Minute to Win the Day<br>5:15-6:00 am<br>Full Body Strength<br>8:15-9:00 am<br>Silver Sneakers<br>9:15-10:15 am  | <b>4</b><br>Get Fit Tuesdays<br>9:30-10:30 am                           | <b>5</b><br>Sweat On Demand<br>5:15-6:15 am<br>Full Body Strength<br>8:15-9:00 am<br>Silver Sneakers<br>9:15-10:15 am  | <b>6</b><br>Total Body Blast<br>5:15-6:15 am<br>Get Fit Tuesdays<br>9:30-10:30 am  | <b>7</b><br>Full Body Strength<br>8:15-9:00 am  | <b>8</b><br><i>Gym Closed</i>   |
| <b>9</b><br>Cooking Class<br>Sourdough<br>2:00 - 4:00 pm<br><i>Gym Closed</i>  | <b>10</b><br>Minute to Win the Day<br>5:15-6:00 am<br>Full Body Strength<br>8:15-9:00 am<br>Silver Sneakers<br>9:15-10:15 am | <b>11</b><br>Get Fit Tuesdays<br>9:30-10:30 am                          | <b>12</b><br>Sweat On Demand<br>5:15-6:15 am<br>Full Body Strength<br>8:15-9:00 am<br>Silver Sneakers<br>9:15-10:15 am | <b>13</b><br>Total Body Blast<br>5:15-6:15 am<br>Get Fit Tuesdays<br>9:30-10:30 am | <b>14</b><br>Full Body Strength<br>8:15-9:00 am<br><b>HAPPY VALENTINE'S DAY</b>  | <b>15</b><br>Basketball Clinic<br>9:00 - 10:00 am<br>Nerf Gun Wars<br>7:00 - 8:00 pm<br><i>Gym Closed</i> |
| <b>16</b>  | <b>17</b><br>Minute to Win the Day<br>5:15-6:00 am<br>Full Body Strength<br>8:15-9:00 am<br>Silver Sneakers<br>9:15-10:15 am | <b>18</b><br>Get Fit Tuesdays<br>9:30-10:30 am<br><br>Euchre<br>1:00 pm | <b>19</b><br>Sweat On Demand<br>5:15-6:15 am<br>Full Body Strength<br>8:15-9:00 am<br>Silver Sneakers<br>9:15-10:15 am | <b>20</b><br>Total Body Blast<br>5:15-6:15 am<br>Get Fit Tuesdays<br>9:30-10:30 am | <b>21</b><br>Full Body Strength<br>8:15-9:00 am   | <b>22</b><br><i>Gym Closed</i>  |
| <b>23</b><br>                         | <b>24</b><br>Minute to Win the Day<br>5:15-6:00 am<br>Full Body Strength<br>8:15-9:00 am<br>Silver Sneakers<br>9:15-10:15 am | <b>25</b><br>Get Fit Tuesdays<br>9:30-10:30 am                          | <b>26</b><br>Sweat On Demand<br>5:15-6:15 am<br>Full Body Strength<br>8:15-9:00 am<br>Silver Sneakers<br>9:15-10:15 am | <b>27</b><br>Total Body Blast<br>5:15-6:15 am<br>Get Fit Tuesdays<br>9:30-10:30 am | <b>28</b><br>Full Body Strength<br>8:15-9:00 am   |   |

**Check for Pop Up classes throughout the month!**

*Class instruction may change without notice. Cancellations will be noted via social media, as soon as possible.*

## Notable Dates

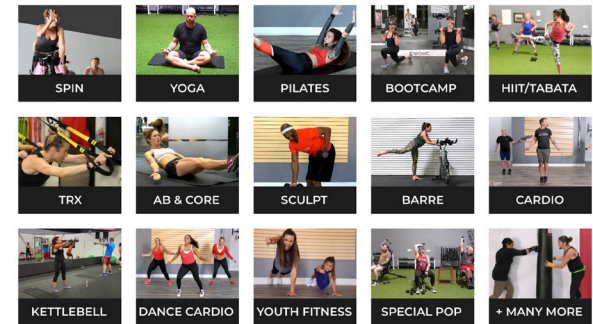
- Black History Month
  - American Heart Month
  - Library Lovers Month
  - Senior Independence Month
  - Children's Dental Health Month
  - National Time Management Month
- 
- 2nd Groundhog Day
  - 3rd - 7th Pride in Foodservice Week
  - 3rd - 7th National School Counseling Week
  - 4th Mardi Gras
  - 7th Wear Red Day
  - 10th Umbrella Day
  - 10th - 16th Cardiac Rehabilitation Week
  - 14th Valentine's Day
  - 16th-22nd National Engineers Week
  - 17th President's Day
  - 22nd School Bus Driver Appreciation Day

## Notable Hours and Closings

- Gym Closed - February 8th
- Gym Closed - February 9th
- Gym Closed - February 15th
- Gym Closed - February 22nd

## Notable Events and Schedules

- 9th - Cooking Class: Sour Dough Bread Making, 2:00 - 4:00pm
- 10th - Pickleball Clinic, 6:00 - 8:00 pm
- 15th - Free Basketball Clinic - 9:00 - 10:00 am
- 15th - Nerf Gun War, 7:00 - 8:00 pm
- 18th - Euchre in PCC Meeting Room, 1:00 - 3:00 pm



## Try Our New Online Classes!

Studio Sweat OnDemand is available in the fitness room and the spin room. Instructions can be found next to the TV in each room.



## Fitness Class Announcements

We are asking all members to bring their own mats to our fitness classes.

We are also requiring sign up for the classes that are \* starred. There are limited spaces available so you must enroll to reserve your spot:

- Registration will be open all month
- Enrollment for \* classes can be done online or at the front desk.
- We ask that if you are unable to attend you let us know so we can add people from the waiting list.