

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
<b>1</b>  <p style="text-align: center;"><b>NEW YEARS DAY</b></p> <p style="text-align: center;"><b>NO EXERCISE CLASSES</b></p>	<b>2</b> 9:00am Cardio & Tone (B) 10:00am Fresh Start (CH #956) 10:15am Aqua Balance (P)* 2:00pm Supervised Swim (P)	<b>3</b> 9:00am Endurance & Tone (B) 10:00am Aqua Tone (P)* 10:00am Fresh Start (CH #956) 10:45am Water Walking (P)* 1:00pm Tai Chi (CC-B) 3:00 Fitness Workshop (CC-B)	<b>4</b> 9:00am Strengthen & Flow (B) 10:00am Fresh Start (CH #956) 10:00am Aqua Tone (P)* 10:15am Balance & Control (B)* 10:45am Water Walking (P)* 1:00pm Ping Pong (B) 2:00pm Bocce (CC)	<b>5</b> 9:00am Yoga Flow (B) 10:00am Seated Exercise (FCL) 10:15am Aqua Fit (P)* 10:30am Wii Bowling (FCL) 11:00am Line Dancing (B) 1:30pm Aqua Zumba (P) 2:15pm Supervised Swim (P)	<b>6</b> 10:00am Qigong (B) 11:00am Zumba Gold (B)  <b>7</b> 2:00pm Line Dancing(B)
<b>8</b> 9:00am Yoga Flow (B) 10:00am Fresh Start (CH #956) 10:15am Balance & Control (B)* 2:00pm Seated Exercises (FCL) 2:00pm Fitness Workshop (CC) 2:30pm Wii Bowling (FCL)	<b>9</b> 9:00am Cardio & Tone (B) 10:00am Fresh Start (CH #956)	<b>10</b> 9:00am Endurance & Tone (B) 10:00am Fresh Start (CH #956) 1:00pm Tai Chi (CC-B) 3:00 Fitness Workshop (CC-B)	<b>11</b> 9:00am Strengthen & Flow (B) 10:00am Fresh Start (CH #956) 10:15am Balance & Control (B)* 1:00pm Bean Bag Baseball (B)	<b>12</b> 9:00am Yoga Flow (B) 10:00am Seated Exercise (FCL) 10:30am Wii Bowling (FCL) 11:00am Line Dancing (B)	<b>13</b> 10:00am Qigong (B) 11:00am Zumba Gold (B)  <b>14</b> 2:00pm Line Dancing(B)
<b>15</b> 9:00am Yoga Flow (B) 10:00am Fresh Start (CH #956) 10:15am Balance & Control (B)* 1:30pm Aqua Zumba (P)* 2:00pm Seated Exercises (FCL) 2:00pm Fitness Workshop (CC) 2:15pm Water Walking (P)* 2:30pm Wii Bowling (FCL)	<b>16</b> 9:00am Cardio & Tone (B) 10:00am Fresh Start (CH #956) 10:15am Aqua Balance (P)* 2:00pm Supervised Swim (P)	<b>17</b> 9:00am Endurance & Tone (B) 10:00am Aqua Tone (P)* 10:00am Fresh Start (CH #956) 10:45am Water Walking (P)* 1:00pm Tai Chi (CC-B) 3:00 Fitness Workshop (CC-B)	<b>18</b> 9:00am Strengthen & Flow (B) 10:00am Fresh Start (CH #956) 10:00am Aqua Tone (P)* 10:15am Balance & Control (B)* 10:45am Water Walking (P)* 2:00pm Bocce (CC)	<b>19</b> 9:00am Yoga Flow (B) 10:00am Seated Exercise (FCL) 10:15am Aqua Fit (P)* 10:30am Wii Bowling (FCL) 11:00am Line Dancing (B) 1:00pm Supervised Swim (P)	<b>20</b> 10:00am Qigong (B)  <b>21</b> 2:00pm Line Dancing(B)
<b>22</b> 9:00am Yoga Flow (B) 10:00am Fresh Start (CH #956) 10:15am Balance & Control (B)* 2:00pm Seated Exercises (FCL) 2:00pm Fitness Workshop (CC) 2:15pm Water Walking (P)* 2:30pm Wii Bowling (FCL)	<b>23</b> 9:00am Cardio & Tone (B) 10:00am Fresh Start (CH #956) 10:15am Aqua Balance (P)* 2:00pm Supervised Swim (P)	<b>24</b> 9:00am Endurance & Tone (B) 10:00am Aqua Tone (P)* 10:00am Fresh Start (CH #956) 10:45am Water Walking (P)* 1:00pm Tai Chi (CC-B)	<b>25</b> 9:00am Strengthen & Flow (B) 10:00am Fresh Start (CH #956) 10:00am Aqua Tone (P)* 10:15am Balance & Control (B)* 10:45am Water Walking (P)* 1:00pm Bean Bag Baseball (B)	<b>26</b> 9:00am Yoga Flow (B) 10:00am Seated Exercise (FCL) 10:15am Aqua Fit (P)* 10:30am Wii Bowling (FCL) 11:00am Line Dancing (B) 1:00pm Supervised Swim (P)	<b>27</b> 10:00am Qigong (B) 11:00am Zumba Gold (B)  <b>28</b> 2:00pm Line Dancing(B)
<b>29</b> 9:00am Yoga Flow (B) 10:00am Fresh Start (CH #956) 10:15am Balance & Control (B)* 1:30pm Aqua Zumba (P)* 2:00pm Seated Exercises (FCL) 2:00pm Fitness Workshop (CC) 2:15pm Water Walking (P)* 2:30pm Wii Bowling (FCL)	<b>30</b> 9:00am Cardio & Tone (B) 10:00am Fresh Start (CH #956) 10:15am Aqua Balance (P)* 2:00pm Supervised Swim (P)	<b>31</b> 9:00am Endurance & Tone (B) 10:00am Aqua Tone (P)* 10:00am Fresh Start (CH #956) 10:45am Water Walking (P)* 1:00pm Tai Chi (CC-B) 3:00 Fitness Workshop (CC-B)	<h1>January 2018</h1> <h2>The Highlands at Wyomissing Fitness Calendar</h2>		

**Key:** (B) Berkshire Room (CH #956) Highlands Television Network (CC) Cultural Center (FCL) Fitness Center Lobby (P) Pool