

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday / Sunday

February 2018

			<p>1 9:00am Strengthen & Flow (B) 10:00am Fresh Start (CH #956) 10:00am Aqua Tone (P) 10:45am Water Walking (P) 1:00pm Ping Pong (B) 2:00pm Bocce (CC)</p>	<p>2 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)</p>	<p>3 10:00am Qigong (B) 11:00am Zumba Gold (B)</p> <p>4 2:00pm Line Dancing(B)</p>
<p>5 9:00am Yoga Flow (B) 10:00am Fresh Start (CH #956) 1:30pm Aqua Zumba (P) 2:00pm Balance & Control (CC) 2:00pm Seated Exercises (FCL) 2:15pm Water Walking (P)** 2:30pm Wii Bowling (FCL)</p>	<p>6 9:00am Cardio & Tone (B) 10:00am Fresh Start (CH #956) 10:15am Aqua Balance (P) 2:00pm Supervised Swim (P)</p>	<p>7 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)</p>	<p>8 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)</p>	<p>9 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)</p>	<p>10 10:00am Qigong (B) 11:00am Zumba Gold (B)</p> <p>11 2:00pm Line Dancing(B)</p>
<p>12 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) 2:15pm Water Walking (P)** 2:30pm Wii Bowling (FCL)</p>	<p>13 9:00am Cardio & Tone (B) 10:00am Fresh Start (CH #956) 10:15am Aqua Balance (P) 2:00pm Supervised Swim (P)</p>	<p>14 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)</p>	<p>15 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)</p>	<p>16 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)</p>	<p>17 10:00am Qigong (CC-B) 11:00am Zumba Gold (CC-B)</p> <p>18 2:00pm Line Dancing(B)</p>
<p>19 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) 2:15pm Water Walking (P)** 2:30pm Wii Bowling (FCL)</p>	<p>20 9:00am Cardio & Tone (B) 10:00am Fresh Start (CH #956) 10:15am Aqua Balance (P) 2:00pm Supervised Swim (P)</p>	<p>21 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)</p>	<p>22 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)</p>	<p>23 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)</p>	<p>24 10:00am Qigong (B) 11:00am Zumba Gold (B)</p> <p>25 2:00pm Line Dancing(B)</p>
<p>26 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) 2:15pm Water Walking (P)** 2:30pm Wii Bowling (FCL)</p>	<p>27 9:00am Cardio & Tone (B) 10:00am Fresh Start (CH #956) 10:15am Aqua Balance (P) 2:00pm Supervised Swim (P)</p>	<p>28 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)</p>	<p>The Highlands at Wyomissing Fitness Calendar</p>		

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