

8 This Side: **REGULAR WEEKLY ACTIVITIES, FEB. 2012**

Mon	Tue	Wed	Thu	Fri
9:00-Living Strong III <div style="border: 1px solid black; padding: 2px;">10:30-Tennis</div> 10:00-Bridge Class <div style="border: 1px solid black; padding: 2px;">10-Exercise at First in Fitness(Mplr)</div> 10-Painting 10:15-Film Series@Savoy 10:30 Latin Aerodance 12:30-Mah Jongg 1-Bridge II 1:15 Beginning French 2:30-Living Strong II 3:30-Vinyasa Yoga 5:00-Living Strong I <div style="border: 1px solid black; padding: 2px;">5-Swimming</div>	8:15-New Beginner Spanish <div style="border: 1px solid black; padding: 2px;">9-Bowling</div> 9-Gentle Yoga 10-Write a Poem <div style="border: 1px solid black; padding: 2px;">10-Water Aerobics</div> 10-Swimming <div style="border: 1px solid black; padding: 2px;">10-Exercise at First in Fitness (Mplr)</div> 10:45-Chair Yoga <div style="border: 1px solid black; padding: 2px;">11:30 MHS Lunch/Band</div> 2-Beginning Italian 4-Current Events (1 <sup>st</sup> & 3 <sup>rd</sup> Tues)	8:00-Spanish Refresher 9:30-Advanced Beginner Spanish <div style="border: 1px solid black; padding: 2px;">10-Exercise First in Fitness (Mplr)</div> 11-Tap Dancing 11:15-Writing Class 12-Knitting Group 1:30-Tai Chi 5-Hatha Yoga 7 pm-Ballroom Dance	9:00-Gentle Yoga 9:30-Rug Hooking <div style="border: 1px solid black; padding: 2px;">10-Swimming</div> <div style="border: 1px solid black; padding: 2px;">10-Exercise at First in Fitness(Mplr)</div> 10:45-Chair Yoga 12:30-Walks with Harris <div style="border: 1px solid black; padding: 2px;">12:45-Adv.Bridge</div> 1:00-Painting 2:30 Qi Gong 3:30-Computer Training (drop-in, free or donation) 4:00 Kripalu Yoga (resumes Feb. 16) 5:00-Living Strong I	9:00-Living Strong III 10-Beg. Mah Jongg 10-Hatha Yoga <div style="border: 1px solid black; padding: 2px;">10-Exercise at First in Fitness(Mplr)</div> <b>10:15-11:15 Zumba Gold® at First in Fitness, Mplr</b> 1-Line Dancing <div style="border: 1px solid black; padding: 2px;">2:00-Tennis</div> 2:30-Living Strong II 4:00-French Conversation <div style="border: 1px solid black; padding: 2px;"><b>Sundays</b></div> <div style="border: 1px solid black; padding: 2px;">5-6:30 pm Gentle Yoga Class-Studio</div>

