

**JANUARY OVERLOOK GROUP EXERCISE SCHEDULE**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Aquacise 8:30-9:15 Pool with Jen	Aquacise 8:30-9:15 Pool with Sue	Aquacise 8:30-9:15 Pool with Sue	Aquacise 8:30-9:15 Pool with Sue	Aquacise 8:30-9:15 Pool with Sue	Aquacise 8:30 -9:15 Pool with Jen
Men's Strength Training 10:15-11am FC with Riley	Drum Fit 9:30-10am PAC	Chair Yoga 9:30-10:25am PAC with Charice	Brain Power 10-10:30am FC with Sue	Balance Class (901) 9:30-10am FC with Riley	
Balanced Body (901) 1-1:30pm FC with Riley	Walking Group 11-11:45am Price Lobby with Riley	Aquacise 9:30-10:15am Pool with Sue	Walking Group 11-11:45am Price Lobby with Riley	Aquacise 9:30-10:15 Pool with Sue	
	*Balance Class 1-1:30pm S with Riley	Tai Chi 10:30-11:15 PAC with Charice	*Strength & Stretch 1-1:30pm S with Riley	Men's Strength Training 10:15-11am FC with Riley	
	*Mindful Meditation 1:30-2pm S with Riley	Fit After 50 (901) 1-1:45pm FC with Sue	*Meditation 1:30-2pm S with Riley		
	Aquacise 5:15-6:00pm Pool with Terry		Aquacise 5:15-6:00pm Pool with Terry		