

RANCH

February 2016

EXERCISE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	2 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	3 Aquacise 8:30 am	4 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	5 Aquacise 8:30 am	6
7	8 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	9 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	10 Aquacise 8:30 am	11 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	12 Aquacise 8:30 am	13
14	15 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	16 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	17 Aquacise 8:30 am	18 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	19 Aquacise 8:30 am	20
21	22 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	23 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	24 Aquacise 8:30 am	25 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am	26 Aquacise 8:30 am	27
28	29 Aerobics 8 am Chair Exercise 8:30 am Aquacise 8:30 am					