

# February 2019 Flowery Vale Fitness Center 301-746-8050

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b></p> 	<p>5</p>	<p><b>6 Members Fit Class</b></p>  <p>9:30-10:30 30min-low impact aerobics 30 minutes free weights, toning, &amp; stretching</p>	<p><b>7 8:30-11 Gym open</b></p> <p><b>9-9:40 Aerobics</b></p> <p><b>10:00 -11:00 Yoga</b> Mahjong – after yoga</p> 	<p>8 <b>Closed</b></p>
<p>11. <b>8:30-1:30 pm Gym Open</b> <b>Members Fit Class</b></p> <p>9:30-10:30 30min-low impact aerobics 30 minutes free weights, toning, &amp; stretching</p>	<p>12 8:30 -12:00 Gym open</p>  <p><b>8:30-9:00 Aerobics</b></p> <p><b>9:15 -10:15 Yoga</b></p> 	<p>13 <b>8:30-1:30 pm Gym Open</b></p> <p><b>Members Fit Class</b> 9:30-10:30 30min-aerobics 30 minutes free weights, toning, &amp; stretching</p> <p><b>5-7 pm Wine &amp; Music Fund Raiser</b> <b>\$25 bring two bottles of red wine</b> <b>Sampling of wines, scoring, great food &amp; acoustic live music by George Skiles!</b> <b>Must Pre-Register to allow for planning purposes by calling Ann Marie 301-746-8050</b></p>	<p>14 <b>8:30-11 Gym open</b></p>  <p><b>9-9:40 Aerobics</b></p> <p><b>10:00 -11:00 Yoga</b> Mahjong – after yoga</p>	<p>15 <b>Closed</b></p>
<p>18 <b>8:30-1:30 pm Gym Open</b> <b>Members Fit Class</b></p> <p>9:30-10:30 30min-low impact aerobics 30 minutes free weights, toning, &amp; stretching</p>	<p>19 8:30 -12:00 Gym open</p> <p>9:45 – 10:45 walk aerobics</p> <p><b>10:30 -11:30 Yoga</b></p>	<p>20 <b>8:30-1:30 pm Gym Open</b> <b>Members Fit Class</b> 9:30-10:30 30min-low impact aerobics 30 minutes free weights, toning, &amp; stretching</p>	<p>21 8:30-11 Gym open <b>10:00 -11:00 Yoga</b></p> <p><b>9-9:40 Aerobics</b></p> <p><b>Mahjong 11 am</b></p>	<p>22 <b>Closed</b></p>
<p>25 <b>8:30-1:30 pm Gym Open</b> <b>Members Fit Class</b></p> <p>9:30-10:30 30min-low impact aerobics 30 minutes free weights, toning, &amp; stretching.</p>	<p>26 8:30 -12:00 Gym open</p> <p><b>8:30-9:00 -walk aerobics</b></p> <p><b>9:15 -10:15 Yoga</b></p>	<p>27 <b>8:30-1:30 pm Gym Open</b> <b>Members Fit Class</b></p> <p>30min-low impact aerobics 30 minutes free weights, toning, &amp; stretching.</p>	<p>28 <b>8:30-11 Gym open</b> <b>9-9:40 Aerobics</b></p> <p><b>10:00 -11:00 Yoga</b> Mahjong – after yoga</p>	<p><b>Closed</b></p>