

SNR Express Group Exercise Calendar - January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda	3 9:00AM - Group 10:00AM - Senior Fitness w/Tamara	4 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda	5 9:00AM - Group workout 10:00AM - Senior Fitness w/Tamara 6:00PM - Strong Zumba w/Antonia	6 9:00AM - Group workout 10:00AM - Cardio Sculpt w/Lindsey	7 9:00AM - Strong Zumba w/Antonia
8	9 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda 6:00PM - Strong Zumba w/Antonia	10 9:00AM - Group 10:00AM - Senior Fitness w/Tamara	11 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda	12 9:00AM - Group workout 10:00AM - Senior Fitness w/Tamara 6:00PM - Strong Zumba w/Antonia	13 9:00AM - Group workout 10:00AM - Cardio Sculpt w/Lindsey	14 9:00AM - Strong Zumba w/Antonia
15	16 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda 6:00PM - Strong Zumba w/Antonia	17 9:00AM - Group 10:00AM - Senior Fitness w/Tamara	18 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda	19 9:00AM - Group workout 10:00AM - Senior Fitness w/Tamara 6:00PM - Strong Zumba w/Antonia	20 9:00AM - Group workout 10:00AM - Cardio Sculpt w/Lindsey	21 9:00AM - Strong Zumba w/Antonia
22	23 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda 6:00PM - Strong Zumba w/Antonia	24 9:00AM - Group 10:00AM - Senior Fitness w/Tamara	25 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda	26 9:00AM - Group workout 10:00AM - Senior Fitness w/Tamara 6:00PM - Strong Zumba w/Antonia	27 9:00AM - Group workout 10:00AM - Cardio Sculpt w/Lindsey	28 9:00AM - Strong Zumba w/Antonia
29	30 9:00AM - Group workout 10:00AM - Senior Fitness w/Wanda 6:00PM - Strong Zumba w/Antonia	31 9:00AM - Group 10:00AM - Senior Fitness w/Tamara				