



# INSIDE AUTUMN WOODS



FEBRUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> Pickleball 8 am	<b>2</b> Water Aerobics 8:30	<b>3</b> Pickleball 8 am Hand & Foot Card Game 12:30	<b>4</b> Cardio Class 8:30 Fresh Catch Fish 12-1 pm
<b>5</b> Move Shake Lift 8:30	<b>6</b> Pickleball 8 am Water Aerobics 8:30 Hand & Foot Card Game 12:30 Walk Away the Pounds 5:30	<b>7</b> Water Aerobics 8:30 Card Making 1-3 pm CPR/AED Training 6-8 pm	<b>8</b> Pickleball 8 am	<b>9</b> Water Aerobics 8:30	<b>10</b> Pickleball 8 am Hand & Foot Card Game 12:30	<b>11</b> Cardio Class 8:30 Fresh Catch Fish 12-1 pm
<b>12</b> Move Shake Lift 8:30 BOOK CLUB 2-4 pm	<b>13</b> Pickleball 8 am Water Aerobics 8:30 Hand & Foot Card Game 12:30 Walk Away the Pounds 5:30	<b>14</b> Water Aerobics 8:30	<b>15</b> Pickleball 8 am	<b>16</b> Water Aerobics 8:30	<b>17</b> Pickleball 8 am Hand & Foot Card Game 12:30 Mix & Mingle 5-7 pm	<b>18</b> Cardio Class 8:30 Fresh Catch Fish 12-1 pm
<b>19</b> Move Shake Lift 8:30	<b>20</b> Pickleball 8 am Water Aerobics 8:30 Hand & Foot Card Game 12:30 Walk Away the Pounds 5:30	<b>21</b> Water Aerobics 8:30	<b>22</b> Pickleball 8 am	<b>23</b> Water Aerobics 8:30	<b>24</b> Pickleball 8 am Hand & Foot Card Game 12:30	<b>25</b> Cardio Class 8:30 Fresh Catch Fish 12-1 pm
<b>26</b> Move Shake Lift 8:30	<b>27</b> Pickleball 8 am Water Aerobics 8:30 Hand & Foot Card Game 12:30 Walk Away the Pounds 5:30	<b>28</b> Water Aerobics 8:30-9:30am				