

Tamaya Wellness Program Activity Calendar January 2015

Classes/activities will be held at the
Tamaya Wellness Center.

*For information, please contact JoAnna @ 771-6763 or
JoAnna.Garcia@santaana-nsn.gov*

NAME: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>* Denotes ongoing regular classes</i></p> <p>*ZUMBA 5:00-6:00 pm</p>	<p>*YOGA 9:00-10:00 am</p> <p>*ZUMBA 6:00-7:00 pm</p>	<p>*YOGA 5:15-6:15 pm</p> <p>*BOOT CAMP 6:30-7:30 pm</p>	<p>*ZUMBA 6:00-7:00 pm</p>	<p>*BOOT CAMP 6:30-7:30 pm</p>	<p>*SPINNING 5:00-6:00 pm</p>	
		<p>*New! Senior Fitness: A certified fitness specialist will be available to assist seniors in the Cardio & Weight Room (2nd floor). Every Tues. and Wed. from 8:30 am-9:20 am</p>				
3	4	<p>5 CARDIO 150 Logs Due!</p>	6	<p>7 Holiday Challenge: Weigh Out starts!</p>	8	9
10	11	<p>12 Group Exercise for Seniors: Aging Well Workouts 9:30-10:30 am</p>	<p>13 Group Exercise for Seniors: Aging Well Workouts 9:30-10:30 am</p>	<p>14 Group Exercise: Kickboxing 5:00-6:00pm</p>	15	16
<p>17 Group Exercise: Step Aerobics 10:00-11:00 am</p>	<p>18 Holiday Challenge: FINAL day to Weigh out!</p>	<p>19 Group Exercise for Seniors: Aging Well Workouts 9:30-10:30 am</p>	<p>20 Group Exercise for Seniors: Aging Well Workouts 9:30-10:30 am</p>	21	22	23
<p>24/31 Group Exercise: 1/31 only Kickboxing 10:00-11:00 am</p>	25	<p>26 Group Exercise for Seniors: Aging Well Workouts 9:30-10:30 am</p>	<p>27 Group Exercise for Seniors: Aging Well Workouts 9:30-10:30 am</p>	28	29	30