

# S.H.A.P.E. FITNESS

## January 2023

January 2023							February 2023						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jan 1, 23	2 8:30am SHAPE Live Stream 4:45pm SHAPE 2 5:30pm Tai Chi 6:00pm Chair Yoga	3 8:30am SHAPE Live 4:45pm SHAPE 2 5:30pm Tai Chi 6:00pm SHAPE 3 6:45pm Line Dancing	4 8:30am SHAPE Live Stream	5 8:30am SHAPE Live Stream	6 8:30am SHAPE Live Stream 4:45pm SHAPE 2 5:30pm Tai Chi 6:00pm Chair Yoga	7
8	9 8:30am SHAPE Live Stream	10 8:30am SHAPE Live Stream	11 8:30am SHAPE Live Stream 4:45pm SHAPE 2 5:30pm Tai Chi 6:00pm Yoga & SHAPE	12 8:30am SHAPE Live Stream 4:45pm SHAPE 2 5:30pm Line Dancing 6:00pm Yoga & SHAPE	13 8:30am SHAPE Live Stream	14
15	16 8:30am SHAPE Live Stream 4:45pm SHAPE 2 5:30pm Tai Chi 6:00pm Chair Yoga	17 8:30am SHAPE Live 4:45pm SHAPE 2 5:30pm Tai Chi 6:00pm SHAPE 3 6:45pm Line Dancing	18 8:30am SHAPE Live Stream	19 8:30am SHAPE Live Stream	20 8:30am SHAPE Live Stream 4:45pm SHAPE 2 5:30pm Tai Chi 6:00pm Chair Yoga	21
22	23 8:30am SHAPE Live Stream	24 8:30am SHAPE Live Stream	25 8:30am SHAPE Live Stream 4:45pm SHAPE 2 5:30pm Tai Chi 6:00pm Yoga & SHAPE	26 10:00am SHAPE Live Stream 4:45pm SHAPE 2 5:30pm Line Dancing 6:00pm Yoga & SHAPE	27 8:30am SHAPE Live Stream	28
29	30 8:30am SHAPE Live Stream 4:45pm SHAPE 2 5:30pm Tai Chi 6:00pm Chair Yoga	31 8:30am SHAPE Live 4:45pm SHAPE 2 5:30pm Tai Chi 6:00pm SHAPE 3 6:45pm Line Dancing	Feb 1	2	3	4