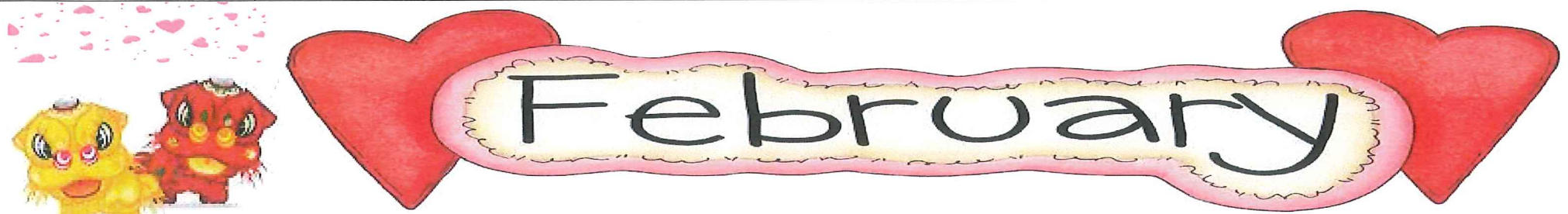


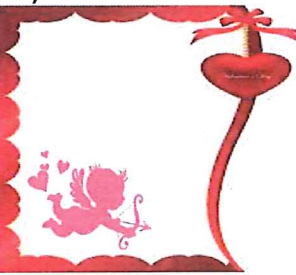




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1) 9:30-9:30 Iki Iki (Jpn) 10:00 Chairobics	2) 11:00 Weight Training
3)  	4) 9:30-3:00 Lively Lively 10:00 Chair Workouts 11:00 Outfight Parkinson	5) <b>Happy Chinese New Year!</b> 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45 Lunch & Fun 1:00 BEFit	6) 10:00 Chairobics 10:00 -2 Iki Iki Light 3:15 Minyo-Japanese Dancing	7) 10:00 Chair Workouts 11:15-12:45 Cooking Together	8) 9:30-3:30 Iki Iki (Jpn) 10:00 Chairobics	9) 11:00 Weight Training
10) 	11) 9:30-3:00 Lively Lively 10:00 Chair Workouts 11:00 Outfight Parkinson	12) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45 Lunch & Fun 1:00 BEFit	13) 10:00 Chairobics 10:00 -2 Iki Iki Light	14) <b>Happy Valentine's Day!</b> 10:00 Chair Workouts	15) 9:30-3:30 Iki Iki (Jpn) 10:00 Chairobics	16) 11:00 Weight Training
17)	18) <b>Family Day</b> 	19) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45 Lunch & Fun 1:00 BEFit	20) 10:00 Chairobics 10:00 -2 Iki Iki Light 3:15 Minyo-Japanese Dancing	21) 10:00 Chair Workouts 11:15-12:45 Cooking Together 2:00-3:00 <b>Kenko Talk – Med Stopper</b>	22) 9:30-3:30 Iki Iki (Jpn) 10:00 Chairobics  2:00 Birthday Party 	23) 11:00 Weight Training
24)	25) 9:30-3:00 Lively Lively 10:00 Chair Workouts 11:00 Outfight Parkinson	26) 10:00 Chair Workouts 10:45 Tea & Chat (Japanese) 11:00 Outfight Parkinson 11:45 Lunch & Fun 1:00 BEFit	27) 10:00 Chairobics 10:00 -2 Iki Iki Light	28) 10:00 Chair Workouts	