




| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 3 10 am - Enhance Fitness 1 pm - Yoga | 4 CENTER CLOSED TODAY! | 5 10 am - Enhance Fitness | 6 CENTER CLOSED TODAY! | 7 CENTER CLOSED TODAY! |
| 10 10 am - Enhance Fitness 1 pm - Yoga | 11 11:00 am - DPP  | 12 10 am - Enhance Fitness | 13 CENTER CLOSED TODAY! |  14 9am - Enhance Fitness CENTER CLOSED TODAY! |
| 17 10 am - Enhance Fitness 1 pm - Yoga | 18 11:00 am - DPP | 19 10 am - Enhance Fitness 1pm-2pm LECTURE: BE HEART SMART | 20 CENTER CLOSED TODAY! | 21 CENTER CLOSED TODAY! |
| 24 10 am - Enhance Fitness 1 pm - Yoga 10:30am-12:30pm - FREE BLOOD PRESSURE CHECKS | 25 11:00 am - DPP | 26 10 am - Enhance Fitness | 27 CENTER CLOSED TODAY! | 28 CENTER CLOSED TODAY! |