

JANUARY 2012



REAP –Rejuvenation-Assistance-Program –Mature Adults 60+ -Salinas Adult School, 20 Sherwood Place

Mon	Tue	Wed	Thu	Fri
REAP Closed	REAP Closed	REAP Closed	REAP Closed	REAP Closed Every Friday
Welcome Back!!! 9 1-2 Individual Exercise 2-3 Sit & Fit Class 3-3:15 Hydration Break 3:15-4 Balance Bar Blast	10 1-2 Individual Exercise 2-3 Tai Chi Chih 3:3:15 Hydration Break 3:15-4 Weights 	11 1-2 Individual exercise  2-3 Yoga 3-3:15 Hydration Break 3:15-4 Weights	12 1-2 Individual Exercise 2-3 Sit & Fit Class 3:-3:15 Hydration Break 3:15-4 Balance Bar Blast	13 CLOSED
16 CLOSED MARTIN LUTHER KING HOLIDAY	Fig Newton Day 17 1-2 Individual Exercise  2-3 Tai Chi Chih 3:3:15 Hydration Break 3:15-4 Weights	18 1-2 Individual Exercise 2-3 Yoga 3-3:15 Hydration Break 3:15-4 Weights 	Hawaiian Shirt DAY 19 1-2 Individual Exercise 2-3 Sit & Fit Class 3:-3:15 Hydration Break 3:15-4 Balance Bar Blast	20 CLOSED
Chinese New Year 23 -2 Individual Exercise 2-3 Sit & Fit Class 3-3:15 Hydration Break 3:15-4 Balance Bar Blast	24 1-2 Individual Exercise  2-3 Tai Chi Chih 3:3:15 Hydration Break 3:15-4 Weights	HAT DAY 25 1-2 Individual Exercise 2-3 Yoga 3-3:15 Hydration Break 3:15-4 Weights	26 1-2 Individual Exercise 2-3 Sit & Fit Class 3:-3:15 Hydration Break 3:15-4 Balance Bar Blast	27 CLOSED
National Croissant Day 30 -2 Individual Exercise 2-3 Sit & Fit Class 3-3:15 Hydration Break 3:15-4 Balance Bar Blast	Birthday Party 31 1-2 Individual Exercise  2-3 Tai Chi Chih 3:3:15 Hydration Break 3:15-4 Weights	Coming in February FREE Computer Classes	Coming Soon Parkinson's Support Group	Open Monday-Thursday 1:00-4:00 pm. 408-656-4763