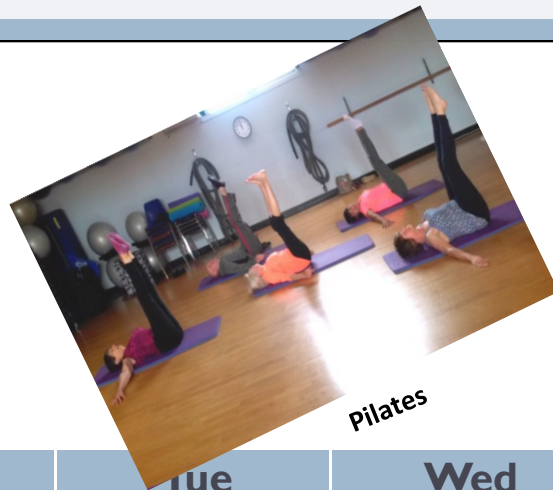




Fit Ball



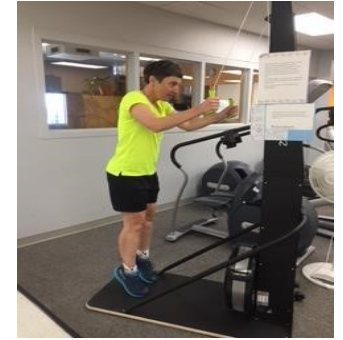
Pilates

February

Wellness Center Classes

www.colorado.feb.gov

Kiel.hovland@gsa.gov



New SkiERG, donated by Kaiser

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 12—1 Ski Conditioning (Kiel out)	5 3—3:45 Fit Forever 4:45—6 Yoga w/Sue \$5	6 11:30—12:30 Pilates \$16 Or \$125, 10wk session	7 12—1 Fit Ball 4:45—6 Yoga w/Sue \$5	8	9
10	11 12—1 Ski Conditioning	12 3—3:45 Fit Forever 4:45—6 Yoga w/Sue \$5	13 11:30—12:30 Pilates \$16 Or \$125, 10wk session	14 12—1 Fit Ball 4:45—6 Yoga w/Sue \$5	15	16
17	18 President's Day	19 3—3:45 Fit Forever 4:45—6 Yoga w/Sue \$5	20 11:30—12:30 Pilates \$16 Or \$125, 10wk session	21 12—1 Fit Ball 4:45—6 Yoga w/Sue \$5	22	23
24	25 12—1 Ski Conditioning	26 3—3:45 Fit Forever 4:45—6 Yoga w/Sue \$5	27 11:30—12:30 Pilates \$16 Or \$125, 10wk session	28 12—1 Fit Ball 4:45—6 Yoga w/Sue \$5		