




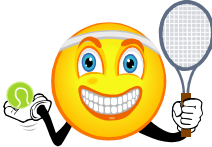
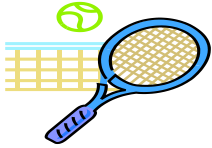





February 5 - 11, 2012

Hemenway Health Club

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
February 5	February 6	February 7	February 8	February 9	February 10	February 11
8:30 AM Morning Walk with Neighbors	8:30 AM Morning Walk with Neighbors	8:30 AM Morning Walk with Neighbors	8:30 AM Morning Walk with Neighbors	8:30 AM Morning Walk with Neighbors	8:30 AM Morning Walk with Neighbors	8:30 AM Morning Walk with Neighbors
9:00 AM - 7:00 PM Family Swim	9:00 AM Watercise	9:30 AM Stretch & Strengthen	9:00 AM Watercise	9:30 AM Stretch & Strengthen	9:00 AM Watercise	9:00 AM - 7:00 PM Family Swim
	9:30 AM Stretch & Strengthen	9:30 AM Balance Class <i>370 Overlook Lounge</i>		10:15 AM Mind and Body Relaxation Class with Joy	9:30 AM Stretch & Strengthen	
9:30 AM Stretch & Strengthen		10:15 AM Mind and Body Relaxation Class with Joy	9:30 AM Stretch & Strengthen	10:00 AM Chair Tennis		9:30 AM Stretch & Strengthen
<i>February is "American Heart Month"; exercise helps to keep yours healthy!</i>	10:00 AM Chair Tennis	11:15 AM Fitness Center Assistance with Joy	10:00 AM Chair Tennis	11:15 AM Fitness Center Assistance with Joy	10:00 AM Chair Tennis	10:00 AM Chair Tennis
		1:00 PM Balance Class <i>420 Theater</i>	2:30 PM Care Solutions Presents: "Is Your Heart in It?"	1:45 PM Balance Training with Joy		<i>Your heart beats more than 100,000 times per day; keep it going with regular exercise.</i>
	3:30 PM Afternoon Walk with Neighbors	1:00 PM Balance Class <i>420 Theater</i>		2:30 PM Circuit Training with Joy	3:30 PM Afternoon Walk with Neighbors	
		2:30 PM Circuit Training with Joy	3:30 PM Afternoon Walk with Neighbors		3:30 PM Afternoon Walk with Neighbors	
	3:30 PM Afternoon Walk with Neighbors	3:30 PM Afternoon Walk with Neighbors	3:30 PM Afternoon Walk with Neighbors	