



February 2019 Active Adult Calendar

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				JOIN THE FIT START 30 CHALLENGE FOR HEART HEALTH MONTH!!!	1 8:30-9:30 Zumba Gold 9:45-10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 SS Circuit 12:00-1:00 SS Classic 12:00-12:45 Cardio Dance 2:00-3:00 Line Dancing	2 7:45- 8:45 Tai Chi 9:00-10:00 Yoga 9:15-10:15 Zumba
3 2:00-4:00 Pickleball 2:30-3:30 Body Flow/Power Yoga	4 9:15-10:30 Yoga 9:45-10:30 Zumba Toning 10:45-11:45 SS Circuit 12:00-1:00 SS Classic 12:00-12:45 Cardio Dance <u>12:15 ADULT COLORING</u> 6:30-7:45 Yoga 6:45-7:45 Zumba	5 5:45-6:40 Yoga 10:00-10:30 Meditation 10:00-11:00 Zumba 10:45-11:45 Yoga 12:15-1:15 Belly Dancing 12:00-1:00 SS Classic 1:10-2:10 Yoga (Chair) 4:00-4:50 Tai Chi 7:00-8:00 Zumba	6 9:00-10:00 SS Cardio 10:15-11:00 Cardio Lite 12:10-1:10 Strength Lite 2:00-3:00 Ballroom Dance 4:00-5:00 Chi Kung 6:45-7:45 Zumba	7 5:45-6:40 Yoga 10:00-11:00 Zumba 10:45-11:45 Yoga 12:00-1:00 SS Classic 1:10-2:10 Yoga (Chair)	8 8:30-9:30 Zumba Gold 9:45-10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 SS Circuit 12:00-1:00 SS Classic 12:00-12:45 Cardio Dance 2:00-3:00 Line Dancing	9 7:45- 8:45 Tai Chi 9:00-10:00 Yoga 9:15-10:15 Zumba
10 2:00-4:00 Pickleball 2:30-3:30 Body Flow/Power Yoga	11 9:00-10:00 Yoga 9:15-10:30 Yoga 9:45-10:30 Zumba Toning 10:00-11:00 EAT WELL TALK 10:45-11:45 SS Circuit 12:00-1:00 SS Classic 12:00-12:45 Cardio Dance <u>12:15 ADULT COLORING</u> 6:30-7:45 Yoga 6:45-7:45 Zumba	12 5:45-6:40 Yoga 10:00-10:30 Meditation 10:00-11:00 Zumba 10:45-11:45 Yoga 12:15-1:15 Belly Dancing 12:00-1:00 SS Classic 1:10-2:10 Yoga (Chair) 4:00-4:50 Tai Chi 7:00-8:00 Zumba	13 9:00-10:00 SS Cardio 10:15-11:00 Cardio Lite 12:10-1:10 Strength Lite 2:00-3:00 Ballroom Dance 4:00-5:00 Chi Kung 6:45-7:45 Zumba	14 VALENTINE'S DAY MEMBER APPRECIATION DAY 5:45-6:40 Yoga 10:00-11:00 Zumba 10:45-11:45 Yoga 12:00 LUNCH AND LEARN 12:00-1:00 SS Classic 1:10-2:10 Yoga (Chair) 2:30-3:30 Valentine's Social 7:30-9:30 Pickleball	15 8:30-9:30 Zumba Gold 9:45-10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 SS Circuit 12:00-1:00 SS Classic 12:00-12:45 Cardio Dance 2:00-3:00 Line Dancing	16 7:45- 8:45 Tai Chi 9:00-10:00 Yoga 9:15-10:15 Zumba
17 2:00-4:00 Pickleball 2:30-3:30 Body Flow/Power Yoga	18 9:15-10:30 Yoga 9:45-10:30 Zumba Toning 10:45-11:45 SS Circuit 12:00-1:00 SS Classic 12:00-12:45 Cardio Dance <u>12:15 ADULT COLORING</u> 2:00 MOVIE MATINEE 6:30-7:45 Yoga 6:45-7:45 Zumba	19 5:45-6:40 Yoga 10:00-10:30 Meditation 10:00-11:00 Zumba 10:45-11:45 Yoga 12:15-1:15 Belly Dancing 12:00-1:00 SS Classic 1:10-2:10 Yoga (Chair) 2:00-3:00 BOOK CLUB 4:00-4:50 Tai Chi 7:00-8:00 Zumba	20 9:00-10:00 SS Cardio 10:15-11:00 Cardio Lite 12:10-1:10 Strength Lite 2:00-3:00 Ballroom Dance 4:00-5:00 Chi Kung 6:45-7:45 Zumba	21 5:45-6:40 Yoga 10:00-11:00 Zumba 10:45-11:45 Yoga 12:00-1:00 SS Classic 12:00-1:00 LUNCH AND LEARN 1:10-2:10 Yoga (Chair) 7:30-9:30 Pickleball	22 8:30-9:30 Zumba Gold 9:45-10:30 Zumba Toning 10:45-11:45 Yoga 10:45-11:45 SS Circuit 12:00-1:00 SS Classic 1:00-2:00 CHILI COOK-OFF 12:00-12:45 Cardio Dance 2:00-3:00 Line Dancing	23 7:45- 8:45 Tai Chi 9:00-10:00 Yoga 9:15-10:15 Zumba
24 1:30-3:30 PAINTING PARTY 2:00-4:00 Pickleball 2:30-3:30 Body Flow/Power Yoga	25 9:15-10:30 Yoga 9:45-10:30 Zumba Toning 10:45-11:45 SS Circuit 12:00-1:00 SS Classic 12:00-12:45 Cardio Dance <u>12:15 ADULT COLORING</u> 6:30-7:45 Yoga 6:45-7:45 Zumba	26 5:45-6:40 Yoga 10:00-10:30 Meditation 10:00-11:00 Zumba 10:45-11:45 Yoga 12:15-1:15 Belly Dancing 12:00-1:00 SS Classic 1:10-2:10 Yoga (Chair) 4:00-4:50 Tai Chi 7:00-8:00 Zumba	27 9:00-10:00 SS Cardio 10:15-11:00 Cardio Lite <u>1:15 CARD CLUB</u> 12:10-1:10 Strength Lite 2:00-3:00 Ballroom Dance 4:00-5:00 Chi Kung 6:45-7:45 Zumba	28 5:45-6:40 Yoga 10:00-11:00 Zumba 10:45-11:45 Yoga 12:00-1:00 SS Classic 1:10-2:10 Yoga (Chair) 7:30-9:30 Pickleball	YMCA of the SUNCOAST – HERNANDO COUNTY BRANCH 1300 Mariner Blvd. Spring Hill, FL 34609 352-688-9622 www.ymcasuncoast.org	



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- BOOK CLUB** Are you interested in joining a book club? Do you like to read and discuss popular books? We meet the third Tuesday of the month. Books will be rented from a local library. A \$20 deposit will be needed to cover the cost of lost or stolen books. The \$20 is refundable at the end of club participation.
- CHILI COOK-OFF** Do you have a favorite chili that you make? From fiery hot to mild and flavorful, bring your favorite chili and put it to the taste test! Sign up at the member service desk by February 18th.
- EAT WELL BE WELL** This 6-week series is geared to help you understand the basics of physical activity and healthy living. Based on the current recommended dietary and physical activity guidelines, these one-hour workshops will have videos, handouts and hands-on activities. Sign up at the member service desk to reserve your spot. FREE for Y Members.
- FIT START 30** This 4-week challenge is geared to help you meet your health and wellness goals. Register at the member service desk to put your name up on the board and get your tracker card. Exercise for at least 30 minutes each day that you come in and get a sticker on the board. Exercise 3 days a week and get entered for a prize.
- LINE DANCING CLUB** Meets Fridays at 2pm. Learn some new dances while getting some fun exercise. Volunteer Instructor Florence will cover classics like Electric Slide, Kanas City, & Cab Driver, plus some Country, Cha-Cha's, Tango's, and even a Polka!
- LUNCH AND LEARN** February 14th-Humana will be inviting new members of Humana for a New Member Orientation. Sign up at the member service desk by February 12th to reserve your seat and understand your plan more.
- February 21-Are you are Caregiver or know someone who is? Join Jay Michael and his trained professionals from Timber Pines as they share about Caregiver burnout, resources for Caregivers, and more. It is free, but please sign up at the member service desk by February 18th to reserve your spot. Space is limited.
- MOVIE MATINEE** Join us on February in the teen center at 2pm. We show a different movie each month on the 3rd Monday. Keep an eye out for the signup sheet!
- PAINTING PARTY** Do you love to be creative? Do you love to paint? Join Michelle from Artful Possibilities as she guides us through painting a Spring Bouquet. The picture for this month is displayed by the member service desk. \$30 for Y Members and \$35 for Community Members. Register by February 21st to reserve your canvas.
- VALENTINE'S DAY SOCIAL** Join us for a fun-filled get together for Valentine's Day. Sign up at the member service desk by February 21. Bring your favorite dessert to share.
- VOLUNTEER** Looking for something worthwhile to do? We have volunteer positions open in many departments, particularly with Active Adults.