



February 2019

Heart Health Awareness Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 National Go Red for Women Day: Pins & Group Photo @ 9a Huntington Hall Porch	2
3	4	5	6	7 Save \$ on Your RXs Workshop: Lunch & Learn @ 11:30a Pettigrew 110	8	9
10	11	12 Women's Health Workshop: Lunch & Learn @ 11:30a Pettigrew 104	13	14	15	16
17	18 Spring Fitness Classes Begin Lap Swim @ 5:15p HPE Pool Ab/Step @ 5:15p HPE Aerobics Rm	19 Water Aerobics @ 5:15p HPE Pool Zumba @ 5:15p HPE Aerobics Rm	20 Lap Swim @ 5:15p HPE Pool Ab/Step @ 5:15p HPE Aerobics Rm	21 Heart Health Workshop: Lunch & Learn @ 11:30a Pettigrew 110 Water Aerobics @ 5:15p HPE Pool Zumba @ 5:15p HPE Aerobics Rm	22	23
24	25 Lap Swim @ 5:15p HPE Pool Ab/Step @ 5:15p HPE Aerobics Rm	26 Water Aerobics @ 5:15p HPE Pool Zumba @ 5:15p HPE Aerobics Rm	27 Lap Swim @ 5:15p HPE Pool Ab/Step @ 5:15p HPE Aerobics Rm	28 Water Aerobics @ 5:15p HPE Pool Zumba @ 5:15p HPE Aerobics Rm		