

# February 2021



SanfordWellnessCenterCanbyMN

| Sunday    | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday  |
|-----------|--|--|---|---|---|-----------|
|           | <b>1</b><br>Better Balance 9:00am<br>Better Balance 9:45am<br>Let's Spin 5:00pm  | <b>2</b><br>Water aerobics (at Pool) 7:00am<br>Intervals 4:30pm  | <b>3</b><br>Better Balance 9:00am<br>Better Balance 9:45am  | <b>4</b><br>Cardio Strength 7:00am<br>Intervals 4:30pm  | <b>5</b><br>Spin 5:30am<br>Sculpt 7:00am (at Pool)  | <b>6</b>  |
| <b>7</b>  | <b>8</b><br>Better Balance 9:00am<br>Better Balance 9:45am<br>Let's Spin 5:00pm  | <b>9</b><br>Water aerobics (at Pool) 7:00am<br>Intervals 4:30pm  | <b>11</b><br>Better Balance 9:00am<br>Better Balance 9:45am | <b>11</b><br>Cardio Strength 7:00am<br>Intervals 4:30pm | <b>12</b><br>Spin 5:30am<br>Sculpt 7:00am (at Pool) | <b>13</b> |
| <b>14</b> | <b>15</b><br>Better Balance 9:00am<br>Better Balance 9:45am<br>Let's Spin 5:00pm | <b>16</b><br>Water aerobics (at Pool) 7:00am<br>Intervals 4:30pm | <b>17</b><br>Better Balance 9:00am<br>Better Balance 9:45am | <b>18</b><br>Cardio Strength 7:00am<br>Intervals 4:30pm | <b>19</b><br>Spin 5:30am<br>Sculpt 7:00am (at Pool) | <b>20</b> |
| <b>21</b> | <b>22</b><br>Better Balance 9:00am<br>Better Balance 9:45am<br>Let's Spin 5:00pm | <b>23</b><br>Water aerobics (at Pool) 7:00am<br>Intervals 4:30pm | <b>24</b><br>Better Balance 9:00am<br>Better Balance 9:45am | <b>25</b><br>Cardio Strength 7:00am<br>Intervals 4:30pm | <b>26</b><br>Spin 5:30am<br>Sculpt 7:00am (at Pool) | <b>27</b> |
| <b>28</b> |  |  |   |   |   |           |