

Downtown on the Move Free Classes and Guided Walks for February

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>All events are free and open to beginners and all levels. Please wear safe shoes. Questions? Call Marjorie at 250-6987</p>	<p>January 30 Kick Off Party 12-2 & 4-6 YMI Center</p>		<p>1 12-12:45 Yoga w/Marjorie at YMCA</p>
<p>4 12:15 – 1 Pilates at Biltmore Fitness Club, 711 Biltmore</p>	<p>5 10-10:45 Chair Exercise at YWCA 5:30 Walk W/Wanda 70 S. Market Street ABIPA Office</p>	<p>6 12:15-12:45 Walk W/Susan from YWCA</p>	<p>7 11:45 – 12:30 Lite Aerobics at the YWCA</p>	<p>8 12-12:45 Yoga w/Marjorie at YMCA 4 :45 Laugh for the Health of It! The Health Adventure, Pack Place. Free refreshments!</p>
<p>11 5:45 Turbo Kick Class at Biltmore Fitness Club, 711 Biltmore</p>	<p>12 10-10:45 Chair Exercise at YWCA 5:30 Walk W/Wanda 70 S. Market Street ABIPA Office</p>	<p>13 12:15-1 Yoga Fundamentals @ Biltmore Fitness Club, 711 Biltmore 12:30 – 1:15 Bike Commuting Fundamentals Class. Location TBA</p>	<p>14 11:45 – 12:30 Lite Aerobics at the YWCA 5:30 Walk W/Wanda 70 S. Market, ABIPA Office</p>	<p>15 12-12:45 Movement Class at YMCA</p>
<p>18 12:15 – 1 Pilates at Biltmore Fitness Club, 711 Biltmore</p>	<p>19 10-10:45 Chair Exercise at YWCA 5:30 Walk W/Wanda 70 S. Market Street ABIPA Office</p>	<p>20 12:30 – 1:15 Bike Commuter ty Class. Location TBA</p>	<p>21 11:45 – 12:30 Lite Aerobics at the YWCA 5:30 Walk W/Wanda 70 S. Market, ABIPA Office</p>	<p>22 12-12:45 Goal Setting Class at YMCA with Stephanie Nilsson</p>
<p>25 5:45 Turbo Kick Class at Biltmore Fitness Club, 711 Biltmore</p>	<p>26 10-10:45 Chair Exercise at YWCA 5:30 Walk W/Wanda 70 S. Market Street ABIPA Office</p>	<p>27 12:15-1 Yoga Fundamentals @ Biltmore Fitness Club, 711 Biltmore</p>	<p>28 11:45 – 12:30 Lite Aerobics at the YWCA 5:30 Walk W/Wanda 70 S. Market, ABIPA Office</p>	<p>29 12-12:45 Movement Class at YMCA</p>