



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 REGISTRATION DAY! Billiards 9 a.m. (Game Room) Open Swim 10:00am-12:00pm Barbell (Group) 10:15am Low Impact (Group) 11:00am Healthy Backs (Group) 11:30am SilverSneakers Circuit 1 pm AAC Seated YOGA 2 p.m. (AAC) Open Swim 7:00pm-8:00pm Fitness Challenge Begins	2 Happy Groundhog Day!!! Open Swim 8:00am-10:00am SilverSneakers Circuit 8:15 a.m. (AAC) Computer Classes 8am-10:30am SilverSneakers Classic 9:15am (AAC) Dominoes 10:15 a.m. Zumba Gold 10:30am (Group)	3 Water Aerobics 9 a.m.(Pool) Billiards 9 a.m. (Game Room) George Washington Carver and The Commodores Museum 9:00am \$10.00 Please Register Open Swim 10:00am-12:00pm Barbell (Group) 10:15am Low Impact (Group) 11:00am Healthy Backs (Group) 11:30am SilverSneakers Classic 1pm(AAC) Seated YOGA 2 p.m. (AAC)	4 SilverSneakers Circuit 8:15am (AAC) Computer Classes 8am-10:30am SilverSneakers Classic 9:15amAAC Open Swim 10:00am-12:00pm Dominoes 10:15 a.m. Tai Chi (Group) 10:30am Open Swim 7:00pm-8:00pm	5 Silver Sneakers 8:00am (AAC) Billiards 9:00 a.m. (Gamer Room) Basketball Throw 9:30am Open Swim 10:00am-12:00pm Low Impact (Group) 10:15am Healthy Backs (Group) 10:45am Barbell (Group) 11:15am Friday Flick—1p.m "War Room" (AAC) Bring your favorite drink...popcorn provided	6 Open Pool or Indoor Track 8-10 am
7 Indoor Track & Open Pool 2-4 p.m. Mardi Gras Trip Those Already Registered	8Billiards 9 a.m. (Game Room) Open Swim 10:00am-12:00pm Barbell (Group) 10:15am Low Impact (Group) 11:00am Healthy Backs (Group) 11:30am SilverSneakers Circuit 1 pm AAC Seated YOGA 2 p.m. (AAC) Open Swim 7:00pm-8:00pm Mardi Gras Trip Those Already Registered	9 No Computer Classes Open Swim 8:00am-10:00am SilverSneakers Circuit 8:15 a.m. (AAC) SilverSneakers Classic 9:15am (AAC) Dominoes 10:15 a.m. Zumba Gold 10:30am (Group) Mardi Gras Trip Those Already Registered	10 Water Aerobics 9 a.m.(Pool) Billiards 9 a.m. (Game Room) Relay for Life PlexHope Team Meeting 12:00pm in Computer Lab Open Swim 10:00am-12:00pm Barbell (Group) 10:15am Low Impact (Group) 11:00am Healthy Backs (Group) 11:30am SilverSneakers Classic 1pm(AAC) Seated YOGA 2 p.m. (AAC)	11 SilverSneakers Circuit 8:15am (AAC) Computer Classes 8am-10:30am SilverSneakers Classic 9:15amAAC Open Swim 10:00am-12:00pm Dominoes 10:15 a.m. Tai Chi (Group) 10:30am Open Swim 7:00pm-8:00pm	12 Silver Sneakers 8:00am (AAC) Billiards 9:00 a.m. (Gamer Room) Nerf and Frisbee Throw 9:30am Open Swim 10:00am-12:00pm Low Impact (Group) 10:15am Healthy Backs (Group) 10:45am Barbell (Group) 11:15am Friday Flick—1p.m "Rick and the Flash" (AAC) Bring your favorite drink...popcorn provided	13 Open Pool or Indoor Track 8-10 am
14 Indoor Track & Open Pool 2-4 p.m.	15 Presidents' Day Billiards 9 a.m. (Game Room) Open Swim 10:00am-12:00pm Barbell (Group) 10:15am Low Impact (Group) 11:00am Healthy Backs (Group) 11:30am SilverSneakers Circuit 1 pm AAC Seated YOGA 2 p.m. (AAC) Open Swim 7:00pm-8:00pm	16 Open Swim 8:00am-10:00am SilverSneakers Circuit 8:15 a.m. (AAC) Love Your Heart Talk 10:15am Computer Classes 8am-10:30am SilverSneakers Classic 9:15am (AAC) Dominoes 10:15 a.m. Zumba Gold 10:30am (Group)	17 King Memorial Baptist Church and Parsonage Museum 8:45am \$10.00 Please Register Water Aerobics 9 a.m.(Pool) Billiards 9 a.m. (Game Room) Open Swim 10:00am-12:00pm Barbell (Group) 10:15am Low Impact (Group) 11:00am Healthy Backs (Group) 11:30am SilverSneakers Classic 1pm(AAC) Seated YOGA 2 p.m. (AAC)	18 SilverSneakers Circuit 8:15am (AAC) Computer Classes 8am-10:30am SilverSneakers Classic 9:15amAAC Open Swim 10:00am-12:00pm Dominoes 10:15 a.m. Tai Chi (Group) 10:30am Open Swim 7:00pm-8:00pm Valentine Dance and Dinner 6:00pm-8:30pm \$15.00 Single \$25.00 Couple Please Register	19 Silver Sneakers 8:00am (AAC) Billiards 9:00 a.m. (Gamer Room) Bowling 9:30 a.m. (Auburn Bowl) \$3.00 per game(9:00am if riding) Please Register Open Swim 10:00am-12:00pm Low Impact (Group) 10:15am Healthy Backs (Group) 10:45am Barbell (Group) 11:15am Friday Flick—1p.m "The Man from Uncle" (AAC) Bring your favorite drink...popcorn provided	20 Open Pool or Indoor Track 8-10 am
21 Indoor Track & Open Pool 2-4 p.m.	22 Billiards 9 a.m. (Game Room) Open Swim 10:00am-12:00pm Barbell (Group) 10:15am Low Impact (Group) 11:00am Healthy Backs (Group) 11:30am SilverSneakers Circuit 1 pm AAC Seated YOGA 2 p.m. (AAC) Open Swim 7:00pm-8:00pm	23 Open Swim 8:00am-10:00am SilverSneakers Circuit 8:15 a.m. (AAC) Computer Classes 8am-10:30am SilverSneakers Classic 9:15am (AAC) Firefighters Birthdays 10:00am bring a treat for them and if you like go with us to deliver them Dominoes 10:15 a.m. Painting 10:30am\$10.00PleaseRegister Zumba Gold 10:30am (Group)	24 Water Aerobics 9 a.m.(Pool) Billiards 9 a.m. (Game Room) Lunch Bunch 10:00am Heart of the South Meet there if riding 9:30am Please Register Open Swim 10:00am-12:00pm Barbell (Group) 10:15am Low Impact (Group) 11:00am Healthy Backs (Group) 11:30am SilverSneakers Classic 1pm(AAC) Seated YOGA 2 p.m. (AAC)	25 SilverSneakers Circuit 8:15am (AAC) Computer Classes 8am-10:30am SilverSneakers Classic 9:15amAAC Open Swim 10:00am-12:00pm Dominoes 10:15 a.m. Tai Chi (Group) 10:30am Open Swim 7:00pm-8:00pm	26 Silver Sneakers 8:00am (AAC) Billiards 9:00 a.m. (Gamer Room) Billiards 9:30am Open Swim 10:00am-12:00pm Low Impact (Group) 10:15am Healthy Backs (Group) 10:45am Barbell (Group) 11:15am Friday Flick—1p.m "Mission Impossible Rogue Nation" (AAC) Bring your favorite drink...popcorn provided	27 Open Pool or Indoor Track 8-10 am
28 Indoor Track & Open Pool 2-4 p.m.	29 Billiards 9 a.m. (Game Room) Open Swim 10:00am-12:00pm Barbell (Group) 10:15am Low Impact (Group) 11:00am Healthy Backs (Group) 11:30am Caregiver's Support Group 12:30 pm (AAC) Open to Public SilverSneakers Circuit 1 pm AAC Seated YOGA 2 p.m. (AAC) Open Swim 7:00pm-8:00pm	<p style="text-align: center;">Valeri White, Director, 705-2493 or VWhite@opelika-al.gov Mary Kuhn, Asst. Director, 705-2492 or MKuhn@opelika-al.gov</p>	<p style="text-align: center;">Happy Groundhog Day!</p>	<p style="text-align: center;">Love your Heart Triathlon Feb. 1– 29 Prizes awarded Must Complete at least 6 silver sneaker Classes and At least 12 miles walking and at least 15 miles biking</p>		<p style="text-align: center;">All Fitness in Group Room Please check Fitness calendar at front desk for time of the class Not responsible for changes. If you are coming to swim please check pool calendar at front desk to make sure there is not a pool party or swim meet.</p>

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