




MONDAY	TUESDAY	WEDNESDAY	FRIDAY
<p><i>WELCOME!</i></p> <p><i>Glad you could join us!</i></p>		<p><u>January 4</u> (Michele)</p> <p>8:30 a.m. 🕒 Zumba Fitness® (snow make-up)</p> <p>9:45 a.m. - 50-Plus Fitness (snow make-up)</p> <p>5:30 p.m. - Pay It Forward Strength Training</p> <p>6:00 p.m. 🕒 Zumba Fitness®</p>	<p><u>January 6</u> (Becca)</p> <p>8:30 a.m. - Yoga (snowed out)</p> <p>9:45 a.m. - 50-Plus Strength/Yoga</p>
<p><u>January 9</u></p> <p>8:30 a.m. - Mixed Cardio & Strength (Becca)</p> <p>9:45 a.m. - 50-Plus Fitness (Becca)</p> <p>5:45 p.m. - No Class - Voting Set-Up</p>	<p><u>January 10</u></p> <p>Voting</p> <p>No Classes.</p>	<p><u>January 11</u> (Michele)</p> <p>8:30 a.m. 🕒 Zumba Fitness® & Core Strength</p> <p>9:45 a.m. - 50-Plus Fitness</p> <p>5:30 p.m. - Pay It Forward Strength Training</p> <p>6:00 p.m. 🕒 Zumba Fitness®</p>	<p><u>January 13</u> (Michele)</p> <p>8:30 a.m. - Yoga</p> <p>9:45 a.m. - 50-Plus Strength/Yoga</p>
<p><u>January 16</u></p> <p>8:30 a.m. - Mixed Cardio & Strength (Becca)</p> <p>9:45 a.m. - 50-Plus Fitness (Becca)</p> <p>5:45 p.m. - Yoga (Michele)</p>	<p><u>January 17</u> (Michele)</p> <p>9:00 a.m. 🕒 ZUMBA gold</p>	<p><u>January 18</u> (Michele)</p> <p>8:30 a.m. 🕒 Zumba Fitness® & Core Strength</p> <p>9:45 a.m. - 50-Plus Fitness</p> <p>5:30 p.m. - Pay It Forward Strength Training</p> <p>6:00 p.m. 🕒 Zumba Fitness®</p>	<p><u>January 20</u> (Becca)</p> <p>8:30 a.m. - Yoga</p> <p>9:45 a.m. - 50-Plus Strength/Yoga</p>
<p><u>January 23</u></p> <p>8:30 a.m. - Mixed Cardio & Strength (Becca)</p> <p>9:45 a.m. - 50-Plus Fitness (Becca)</p> <p>5:45 p.m. - Yoga (Michele)</p>	<p><u>January 24</u> (Michele)</p> <p>9:00 a.m. 🕒 ZUMBA gold</p>	<p><u>January 25</u> (Michele)</p> <p>8:30 a.m. 🕒 Zumba Fitness® & Core Strength</p> <p>9:45 a.m. - 50-Plus Fitness</p> <p>5:30 p.m. - Pay It Forward Strength Training</p> <p>6:00 p.m. 🕒 Zumba Fitness®</p>	<p><u>January 27</u> (Becca)</p> <p>8:30 a.m. - Yoga</p> <p>9:45 a.m. - 50-Plus Strength/Yoga</p>
<p><u>January 30</u></p> <p>8:30 a.m. - Mixed Cardio & Strength (Becca)</p> <p>9:45 a.m. - 50-Plus Fitness (Becca)</p> <p>5:45 p.m. - Yoga (Michele)</p>	<p><u>January 31</u> (Michele)</p> <p>9:00 a.m. 🕒 ZUMBA gold</p>	<p><u>February 1</u> (Michele)</p> <p>8:30 a.m. 🕒 Zumba Fitness® & Core Strength</p> <p>9:45 a.m. - 50-Plus Fitness</p> <p>5:30 p.m. - Pay It Forward Strength Training</p> <p>6:00 p.m. 🕒 Zumba Fitness®</p>	<p><u>February 3</u> (Michele)</p> <p>8:30 a.m. - Yoga</p> <p>9:45 a.m. - 50-Plus Strength/Yoga</p>
<p><u>February 6</u></p> <p>8:30 a.m. - Mixed Cardio & Strength (Becca)</p> <p>9:45 a.m. - 50-Plus Fitness (Becca)</p> <p>5:45 p.m. - Yoga (Michele)</p>	<p><u>February 7</u> (Michele)</p> <p>9:00 a.m. 🕒 ZUMBA gold</p>	<p><u>February 8</u> (Michele)</p> <p>8:30 a.m. 🕒 Zumba Fitness® & Core Strength</p> <p>9:45 a.m. - 50-Plus Fitness</p> <p>5:30 p.m. - Pay It Forward Strength Training</p> <p>6:00 p.m. 🕒 Zumba Fitness®</p>	<p><u>February 10</u> (Becca)</p> <p>8:30 a.m. - Yoga</p> <p>9:45 a.m. - 50-Plus Strength/Yoga</p>
<p><u>February 13</u></p> <p>8:30 a.m. - Mixed Cardio & Strength (Becca)</p> <p>9:45 a.m. - 50-Plus Fitness (Becca)</p> <p>5:45 p.m. - Yoga (Michele)</p>	<p><u>February 14</u> (Michele)</p> <p>9:00 a.m. 🕒 ZUMBA gold</p>	<p><u>February 15</u> (Michele)</p> <p>8:30 a.m. 🕒 Zumba Fitness® & Core Strength</p> <p>9:45 a.m. - 50-Plus Fitness</p> <p>5:30 p.m. - Pay It Forward Strength Training</p> <p>6:00 p.m. 🕒 Zumba Fitness®</p>	<p><u>February 17</u> (Michele)</p> <p>8:30 a.m. - Yoga</p> <p>9:45 a.m. - 50-Plus Strength/Yoga</p>
<p><u>February 20</u></p> <p>8:30 a.m. - Mixed Cardio & Strength (Becca)</p> <p>9:45 a.m. - 50-Plus Fitness (Becca)</p> <p>5:45 p.m. - Yoga (Michele)</p>	<p><u>February 21</u> (Michele)</p> <p>9:00 a.m. 🕒 ZUMBA gold</p>	<p><u>February 22</u> (Michele)</p> <p>8:30 a.m. 🕒 Zumba Fitness® & Core Strength</p> <p>9:45 a.m. - 50-Plus Fitness</p> <p>5:30 p.m. - Pay It Forward Strength Training</p> <p>6:00 p.m. 🕒 Zumba Fitness®</p>	<p><u>February 24</u> (Becca)</p> <p>8:30 a.m. - Yoga</p> <p>9:45 a.m. - 50-Plus Strength/Yoga</p>

<u>February 27</u> NO CLASSES TODAY!	<u>February 28</u> (Michele) 9:00 a.m.  ZUMBA gold	<u>February 29</u> (Michele) 8:30 a.m.  Zumba Fitness® & Core Strength 9:45 a.m. - 50-Plus Fitness 5:30 p.m. - Pay It Forward Strength Training 6:00 p.m.  Zumba Fitness®	<u>March 2</u> (Michele) 8:30 a.m. - Yoga 9:45 a.m. - 50-Plus Strength/Yoga
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FITNESS WITH BECCA & MICHELE

SCHEDULE FOR FOOD/TOILETRY DONATIONS AT PAY IT FORWARD FITNESS CLASSES

<p>Jan. 4 – Bring canned goods.</p> <p>Jan. 11 – Bring non-perishable food (like cereal, peanut butter, pasta, boxed dinners with meat).</p> <p>Jan. 18 - Bring cat or dog food and/or clean, used towels.</p> <p>Jan. 25 - Bring toiletries: shampoo, toothpaste, soap, tampons, etc.</p>		<p>Feb.1 – Bring toilet paper, tissues, or dish or laundry soap.</p> <p>Feb. 8 – Bring boxed dinners with meat or canned tuna, chicken, or peanut butter.</p> <p>Feb. 15 – Bring any non-perishable food item.</p> <p>Feb. 22 – Bring toiletries, especially shampoo, toothpaste, tampons.</p> <p>Feb. 29 - Bring canned goods.</p>
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- **CLASS LOCATIONS:** All classes are held at the Bow Community Building..
- **During wet weather,** please wear boots/street shoes to class and then change into your workout shoes before entering the workout area.
- **For cancellations,** in case of inclement weather, watch Channel 9 News for school closings. If Bow school is cancelled due to severe weather, MORNING classes are automatically cancelled. If school is delayed, there are no 8:30 or 9 a.m. classes but there will be 50-Plus at 9:45 a.m. as scheduled. EVENING classes will be held even if school is cancelled but only if the roads have been cleared. Please use your best judgment concerning travel safety when the weather is iffy. When in doubt about cancellations, you can also call the scheduled instructor.
- **If you miss a class,** you may make it up at any class taught by Becca or Michele on the schedule above that is appropriate for you. Just let the instructor know you are doing a make-up.
- **Children** are allowed on the stage but only if (1) they are at least three years of age, (2) they can sit quietly and safely on the stage, (3) they **do not have any food, drinks, or writing instruments** on the stage, and (4) the parents are responsible for watching their children.

YOUR INSTRUCTORS ARE :

Becca Cleary – 225-9427
Michele Vecchione -774-6160