



Y FRIENDS CALENDAR

FEBRUARY, 2024

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LOVE YOUR HEART CHALLENGE THIS MONTH!			2 CARDIO DRUMMING FREE FRIDAY
6 CYCLE CARDIO/LAPS	7 TAI CHI CARDIO/LAPS	8 STRENGTH TRAINING	9 CARDIO DRUMMING FREE FRIDAY
13 CYCLE CARDIO/LAPS	14 VALENTINES DAY TAI CHI CARDIO/LAPS	15 FIELD TRIP TO MANSFIELD Y	16 CARDIO DRUMMING FREE FRIDAY
20 CYCLE CARDIO/LAPS	21 TAI CHI CARDIO/LAPS	22 STRENGTH TRAINING	23 CARDIO DRUMMING FREE FRIDAY
27 CYCLE CARDIO/LAPS	28 TAI CHI CARDIO/LAPS	29 STRENGTH TRAINING	IT'S LEAP YEAR!