

ON THE MOVE scheduled events

February 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>**Reminder: please check in at front desk of Gaukler Wellness Center when attending ON THE MOVE events.</p>			<p>1</p> <p>11:30 am WA#s @ HAC 12:10 pm Yoga @ GWC (F2) 6:00 pm Intro to Wellness Center equipment</p>	<p>2</p> <p>11:30 am WA#s @ HAC 5:00 pm Making Sense of Sensory Losses @ Courthouse basement</p>	<p>3</p> <p>11:30 am WA#s @ HAC</p>	<p>4</p> <p>10 am – Strength @ GWC (F1)</p>
<p>5</p>	<p>6</p> <p>11:30 am WA#s @ HAC</p>	<p>7</p> <p>11:30 am WA#s @ HAC 9:00 am Intro to the Wellness Ctr. Equipment @ GWC</p>	<p>8</p> <p>9:00 am Aqua Jog – pool area @ GWC 11:30 am WA#s @ HAC 5:30 pm Gentle Restorative 6:00 pm Intro to Wellness Center Equipment</p>	<p>9</p> <p>10:00 am Senior Fit @ GWC (F2) 11:30 am WA#s @ HAC</p>	<p>10</p> <p>5:15 am Body Power @ GWC (F1) 11:30 am WA#s @ HAC</p>	<p>11</p>
<p>12</p>	<p>13</p> <p>11:30 am WA#s @ HAC</p>	<p>14</p> <p>11:30 am WA#s @ HAC 9:00 am Intro to the Wellness Ctr. Equipment @ GWC 5:30 pm Yoga @ GWC</p>	<p>15</p> <p>11:30 am WA#s @ HAC 6:00 pm Intro to Wellness Center Equipment</p>	<p>16</p> <p>11:30 am WA#s @ HAC 6:30 pm Zumba Gold @ GWC (F1)</p>	<p>17</p> <p>11:30 am WA#s @ HAC</p>	<p>18</p> <p>9:00 am Yoga @ GWC (F2)</p>
<p>19</p>	<p>20</p> <p>10:30 am Gentle Chair @ GWC (F2) NO WA#S TODAY!</p>	<p>21</p> <p>11:30 am WA#s @ HAC 9:00 am Intro to the Wellness Ctr. Equipment @ GWC</p>	<p>22</p> <p>11:30 am WA#s @ HAC 5:30 pm Cycling @ GWC 6:00 pm Intro to Wellness Center Equipment</p>	<p>23</p> <p>11:30 am WA#s @ HAC 6:30 pm Yoga @ GWC (F2)</p>	<p>24</p> <p>11:30 am WA#s @ HAC</p>	<p>25</p>
<p>26</p>	<p>27</p> <p>11:30 am WA#s @ HAC</p>	<p>28</p> <p>11:30 am WA#s @ HAC 12:00 noon & 5:00 pm Pulse Freezer Meals @ Courthouse basement</p>	<p>March 1</p> <p>11:30 am WA#s @ HAC</p>	<p>2</p> <p>11:30 am WA#s @ HAC</p>	<p>3</p> <p>11:30 am WA#s @ HAC</p>	<p>4</p>

GWC – Gaukler Wellness Center **F1** – Fitness Room 1 **F2** – Fitness Room 2)
WA#s – Hi Liner Activity Center **HAC** (south side of High School)
Courthouse – Barnes County Courthouse basement
Studio 29 – located on 2nd Street NE, pink door next to Thrift Store

Inclement weather: please listen to KOVC radio for any cancellations that may occur due to weather related issues.
 Questions??? Please call Teresa @ 840-8099