



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<h1>February</h1>	<h1>2018</h1>		Food Pantry – TP 12-2pm 1 Zumba – TP, SR, SWT 6:30-7:30pm Aerobics – HO 6:30-7:30pm Belly Dancing – LS 6:30-7:30pm Zumba – VC 7:30-8:30pm	2 Food Pantry – SR 12-2pm	3 Keep Austin Fed – SWT 10-11am	4 Keep Austin Fed – VC 11am-12pm
5 Food Pantry HO - 12-2p Stress Reduction Class HO – 2-3pm Yoga – HO 6:30-7:30pm Zumba – TP 6:30– 7:30pm Diabetes & Chronic Disease Class –DA (Spanish) 1 of 6 6:30-8:30pm	6 Zumba – SV 11:00am-12:00pm Diabetes & Chronic Disease Class – SV (Spanish) 11:30am-1:30pm Aerobics – TP 6:30-7:30pm Zumba – SWT 6:30-7:30pm Zumba – VC 7:30-8:30pm Circle of Security (Parenting Class) Info session – M Station 6:30-7:30pm	7 Food Pantry SWT- 11am-1pm Walking- MS 11am Yoga – CR & TP 6:30-7:30pm Zumba – HO 6:30-7:30pm	8 Zumba – TP, SR, SWT 6:30-7:30pm Aerobics – HO 6:30-7:30pm Belly Dancing – LS 6:30-7:30pm Zumba – VC 7:30-8:30pm	9 Food Pantry MS – 12-2pm SV – 5:30-7:30pm	10	11
12 Food Pantry LS – 12:30-2:30pm Yoga – HO 6:30-7:30pm Zumba – TP 6:30– 7:30pm Diabetes & Chronic Disease Class –DA (Spanish) 2 of 6 6:30-8:30pm	13 Zumba – SV 11:00am-12:00pm Diabetes & Chronic Disease Class – SV (Spanish) 11:30am-1:30pm Aerobics – TP 6:30-7:30pm Zumba – SWT 6:30-7:30pm Zumba – VC 7:30-8:30pm	14 Food Pantry DA- 10:30am-12:30pm VC- 5:30-7:30pm Yoga – CR & TP 6:30-7:30pm  Zumba – HO 6:30-7:30pm Walking – MS 11am	15 Food Pantry TP – 12-2pm Zumba – TP, SR, SWT 6:30-7:30pm Aerobics – HO 6:30-7:30pm Belly Dancing – LS 6:30-7:30pm Zumba – VC 7:30-8:30pm Healthy Family Night – SV 6:30-8:30pm	16 Food Pantry SR – 12-2pm	17	18
19 President's Day FC CLOSED	20 Diabetes & Chronic Disease Class – SV (Spanish) 11:30am-1:30pm Zumba – SV 11:00am-12:00pm Aerobics – TP 6:30-7:30pm Zumba – SWT 6:30-7:30pm Zumba – VC 7:30-8:30pm Circle of Security (Parenting Class) 6:30-7:30pm	21 Walking- MS 11am Food Pantry SWT – 11am-1pm Yoga – CR & TP 6:30-7:30pm Zumba – HO 6:30-7:30pm	22 Zumba – TP, SR, SWT 6:30-7:30pm Aerobics – HO 6:30-7:30pm Belly Dancing – LS 6:30-7:30pm Zumba – VC 7:30-8:30pm	23 Food Panty MS – 12-2pm SV – 5:30-7:30pm	24	25
26 Food Pantry- HO – 12-2pm LS-12:30-2:30pm Yoga – HO 6:30-7:30pm Zumba – TP 6:30 – 7:30pm Diabetes & Chronic Disease Class –DA (Spanish) 3 of 6 6:30-8:30pm Adult Nutrition Class 1 of 8 – SWT 6-7:30pm	27 Zumba – SV 11:00am-12:00pm Health Coaching – SV 12-2pm Aerobics – TP 6:30-7:30pm Zumba – SWT 6:30-7:30pm Zumba – VC 7:30-8:30pm Circle of Security (Parenting Class) 6:30-7:30pm	28 Walking – MS 11am Food Pantry - DA- 10:30am-12:30pm VC- 5:30-7:30pm Yoga – CR & TP 6:30-7:30pm Zumba – HO 6:30-7:30pm	LOCATION KEY: CR – Crossroads DA – Daffodil HO – Homestead Oaks LS – Lakeline Station MS – M Station SR – Sierra Ridge SV – Sierra Vista SWT – Southwest Trails TP – Trails at the Park VC – Vintage Creek *FREE Childcare ages 3 and up for all classes	Check Us Out on Facebook: "HEALTH INITIATIVES for the FC COMMUNITY"	 get fit • eat healthy • go green	