Argonne NATIONAL LABORATORY

NOTE: Please turn off your microphone and camera at beginning of class. Please do not record class.

February 2023 **Morning classes & Wed afternoon may be available in-person at B200 Fitness Center & Teams remote, all others Teams remote**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11:40-12:25pm Kevin Crosson Trim & Tone B200 in-person & remote	2 8:30:9:15 am Olga Antipova Morning Yoga/Pilates B200 in-person & remote	3 11:40-12:25pm Lynne Brooks Mindful Movement	4
5	6 11:40-12:25pm Lynne Brooks Mindful Movement	7 Select a class from the BOX Folder	8 11:40-12:25pm Kevin Crosson Trim & Tone B200 in-person & remote	9 8:30:9:15 am Olga Antipova Morning Yoga/Pilates B200 in-person & remote	10 11:40-12:25pm Kevin Crosson Trim & Tone	11
12	13 11:40-12:25pm Lynne Brooks Mindful Movement	14 Select a class from the BOX Folder	15 11:40-12:25pm Kevin Crosson Trim & Tone B200 in-person & remote	16 Select a class from the BOX Folder	17 11:40-12:25pm Sanja Tepavcevic Dynamic Yoga	18
19	20 11:40-12:25pm Olga Antipova Yoga/Pilates	21 8:30:9:15 am Olga Antipova Morning Yoga/Pilates B200 in-person & remote	22 11:40-12:25pm Kevin Crosson Trim & Tone B200 in-person & remote	23 Select a class from the BOX Folder	24 11:40-12:25pm Sanja Tepavcevic Dynamic Yoga	25
26	27 11:40-12:25pm Olga Antipova **Circuit 60**	28 8:30:9:15 am Olga Antipova Morning Yoga/Pilates B200 in-person & remote				

President-Kevin Crosson, Ext. 0570; Vice-President-Christine McGhee, Ext. 6992; Secretary-Colleen Tobolic, Ext. 3663; Treasurer-Kim Pattison, Ext. 8645