

# February 2020

## Wellness Activity Calendar FLETC Glynco

Questions? Please Call (912) 267-2262 or Email [FLETC-Wellness@FLETC.DHS.GOV](mailto:FLETC-Wellness@FLETC.DHS.GOV)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 <u>11:30a-12:15p</u> Strength Training. PTD, Mat-Rm 12	4	5 <u>11:30a-12:15p</u> FUNdamental Fitness. PTD, Mat-Rm 12	6	7 <u>11:30a-12:15p</u> <b>National Wear Red Day</b>  <b>Photo and Walk, Building 912</b>	8
9	10 <u>11:30a-12:15p</u> Strength Training. PTD, Mat-Rm 12	11	12 <u>11:30a-12:30p</u> <b>Employee On-Duty Fitness Program: What you need to know</b> <u>Bldg 912, Rm 118</u> <b>Employee Development</b>	13	14 <u>11:30a-12:15p</u> Core-Mobility. PTD, Mat- Rm 12	15
16	17  <b>Holiday</b>	18	19 <u>11:30a-12:15p</u> FUNdamental Fitness. PTD, Mat-Rm 12	20	21 <u>11:30a-12:15p</u> Core-Mobility. PTD, Mat- Rm 12	22
23	24 <u>11:30a-12:15p</u> Strength Training. PTD, Mat-Rm 12	25	26 <u>11:30a-12:15p</u> FUNdamental Fitness. PTD, Mat-Rm 12	27	28 <u>11:30a-12:15p</u> Core-Mobility. PTD, Mat- Rm 12	29
1	2	<p><b>Strength Training:</b> Increase strength, energy, and power in this group fitness class.</p> <p><b>Fitness FUNdamentals:</b> Increase your stamina and muscular endurance in this group fitness class.</p> <p><b>Core-Mobility:</b> Improve your core strength and flexibilty in this group fitness class.</p>				