



January 2017 Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*YOGA: MEET instructor in Fitness Center 5 minutes before class for class location.						1 No Fitness Classes Happy New Year!
2	3	4	5	6	7	8
9	10	11	12	13	14 9am Triple Blast (Vicki)	15 9am Zumba (Ann)
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

ALL CLASSES ARE HELD IN THE FITNESS CENTER UNLESS OTHERWISE NOTED. PLEASE ARRIVE A FEW MINUTES PRIOR TO CLASS TIME TO ENSURE A SPOT.