

JANUARY GROUP FIT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 HAPPY NEW YEAR!
2	3 NO CLASSES	4 5pm Yoga (JY) 5:30pm Bootscamp (BH)	5 6:30am Spin (LM) 5pm Yoga (KR) 5pm WERQ (PW) 6pm ZUMBA (TG)	6 5:45 pm Yoga (LM) 5:30pm Bootscamp (BH)	7 6:30 am Spin (LM) 9am- Yoga (KR) 5:15 pm Spin (LM)	8
9	10 5pm WERQ (PW) 5pm Yoga (JY) 6pm Beg. Strength and Conditioning (JN)	11 5pm Yoga (JY) 5:30pm Bootscamp (BH)	12 6:30am Spin (LM) 5pm Yoga (KR) 5pm WERQ (PW) 6pm ZUMBA (TG)	13 5:45 pm Yoga (LM) 5:30pm Bootscamp (BH)	14 6:30 am Spin (LM) 9am- Yoga (KR) 5:15 pm Spin (LM)	15
16	17 Martin Luther King, Jr. NO CLASSES	18 5pm Yoga (JY) 5:30pm Bootscamp (BH)	19 6:30am Spin (LM) 5pm Yoga (KR) 5pm WERQ (PW) 6pm ZUMBA (TG)	20 5:45 pm Yoga (LM) 5:30pm Bootscamp (BH)	21 6:30 am Spin (LM) 9am- Yoga (KR) 5:15 pm Spin (LM)	22
23	24 5pm WERQ (PW) 5pm Yoga (JY) 6:00pm Beg. Strength and Conditioning (JN)	25 5pm Yoga (JY) 5:30pm Bootscamp (BH)	26 6:30am Spin (LM) 5pm Yoga (KR) 5pm WERQ (PW) 6pm ZUMBA (TG)	27 5:45 pm Yoga (LM) 5:30pm Bootscamp (BH)	28 6:30 am Spin (LM) 9am- Yoga (KR) 5:15 pm Spin (LM)	29
30	31 5pm WERQ (PW) 5pm Yoga (JY) 6:00pm Beg. Strength and Conditioning (JN)					

**FREE TO ALL
STUDENTS & MEMBERS**