

JANUARY

GROUP EXERCISE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 HAPPY NEW YEAR!	2 9:15-Lift & Tone- Marcella 10:30-Chair Pilates- Suz 6:30-Lift & Tone- Karen	3 9:15-Easy Yoga- Lynn 10:30-Sit & Fit-Marcella 6:30-Easy Yoga- Diane	4 9:15-ST/CT- Traci 10:30- Line Dancing- Holly 11:30-Chair Pilates- Suz 6-Jamz Plus- Helen	5 9:15-Lift & Tone- Nell 10:30-Sit & Fit- Julie 6-Family Fun Yoga- Amy	6 9-Afrobeat Dance- Rugenta 10:15-Yoga- Diane
8 9:30-Sit & Fit- Debbie 10:30-Sit & Fit- Marcella 7-Afrobeat Dance- Rugenta	9 9:15-Lift & Tone- Valerie 10:30-Chair Pilates- Suz 6:30-Lift & Tone- Geri	10 9:15-Easy Yoga- Julie 10:30-Sit & Fit- Jen 6:30-Easy Yoga- Erin	11 9:15-ST/CT- Traci 10:30-Line Dancing- Holly 11:30-Chair Pilates- Suz 6-Jamz Plus- Helen	12 9:15-Lift & Tone- Debbie 10:30-Sit & Fit- Julie 6-Family Fun Yoga- Amy	13 9-Afrobeat Dance- Rugenta 10:15-Yoga- Erin
15 9:30-Sit & Fit- Debbie 10:30-Sit & Fit- Dan 7-Afrobeat Dance- Rugenta	16 9:15-Lift & Tone- Jen 10:30-Chair Pilates- Suz 6:30-Lift & Tone- Karen	17 9:15-Easy Yoga- Julie 10:30-Sit & Fit- Jen 6:30-Easy Yoga- Diane	18 9:15-ST/CT- Traci 10:30-Line Dancing- Holly 11:30-Chair Pilates- Suz 6-Jamz Plus- Helen	19 9:15-Lift & Tone- Marcella 10:30-Sit & Fit- Julie 6-Family Fun Yoga- Amy	20 9-Afrobeat Dance- Rugenta 10:15-Yoga- Lynn
22 9:30-Sit & Fit- Jen 10:30-Sit & Fit- Marcella 7-Afrobeat Dance- Rugenta	23 9:15-Lift & Tone- Dan 10:30-Chair Pilates- Suz 6:30-Lift & Tone- Geri	24 9:15-Easy Yoga- Valerie 10:30-Sit & Fit- Jen 6:30-Easy Yoga- Diane	25 9:15-ST/CT- Traci 10:30-Line Dancing- Holly 11:30-Chair Pilates- Suz 6-Jamz Plus- Helen	26 9:15-Lift & Tone- Lisa 10:30-Sit & Fit- Debbie 6-Family Fun Yoga- Amy	27 9-Afrobeat Dance- Rugenta 10:15-Yoga- Diane
29 9:30-Sit & Fit- Debbie 10:30-Sit & Fit- Marcella 7-Afrobeat Dance- Rugenta	30 9:15-Lift & Tone- Valerie 10:30-Chair Pilates- Suz 6:30-Lift & Tone- Karen	31 9:30-Easy Yoga- Lynn 10:30-Sit & Fit- Jen 6:30-Easy Yoga- Erin			