



# January 2018



## Fitness for Women

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
		1:30 PM Tai Chi	6 PM Zumba	6 PM Cardio Sculpt		9 AM Yoga 11 AM Teen Fitness
7	8	9	10	11	12	13
			6 PM Zumba	6 PM Cardio Sculpt		9 AM Yoga 11 AM Teen Fitness
14	15	16	17	18	19	20
			6 PM Zumba	6 PM Cardio Sculpt		9 AM Yoga 11 AM Teen Fitness
21	22	23	24	25	26	27
			6 PM Zumba	6 PM Cardio Sculpt		9 AM Yoga 11 AM Teen Fitness
28	29	30	31			
			6 PM Zumba			