



# January 2019

## Fitness for Women



| SUNDAY                                                                                   | MONDAY | TUESDAY            | WEDNESDAY     | THURSDAY            | FRIDAY     | SATURDAY                        |
|------------------------------------------------------------------------------------------|--------|--------------------|---------------|---------------------|------------|---------------------------------|
|                                                                                          |        | 1                  | 2             | 3                   | 4          | 5                               |
|                                                                                          |        |                    |               | 6 PM Cardio Sculpt  |            | 9 AM Yoga<br>11 AM Teen Fitness |
| 6                                                                                        | 7      | 8                  | 9             | 10                  | 11         | 12                              |
|                                                                                          |        | 6 PM Cardio Sculpt | 5:45 PM Zumba |                     |            | 9 AM Yoga<br>11 AM Teen Fitness |
| 13                                                                                       | 14     | 15                 | 16            | 17                  | 18         | 19                              |
|                                                                                          |        | 6 PM Cardio Sculpt | 5:45 PM Zumba |                     | 7 PM Odoru | 9 AM Yoga<br>11 AM Teen Fitness |
| 20                                                                                       | 21     | 22                 | 23            | 24                  | 25         | 26                              |
|                                                                                          |        | 6 PM Cardio Sculpt | 5:45 PM Zumba |                     |            | 11 AM Teen Fitness              |
| 27                                                                                       | 28     | 29                 | 30            | 31                  |            |                                 |
|                                                                                          |        | 6 PM Cardio Sculpt | 5:45 PM Zumba | 4-6 PM Spa Day (\$) |            |                                 |
| <b>FREE WEEK!</b>                                                                        |        |                    |               |                     |            |                                 |
| Free classes for new and non-members January 13 <sup>th</sup> through 19 <sup>th</sup> ! |        |                    |               |                     |            |                                 |