

# JANUARY CLASSES <sup>®</sup>

| SUNDAY    | MONDAY  | TUESDAY   | WEDNESDAY                                  | THURSDAY  | FRIDAY  | SATURDAY                  |
|-----------|---|---|--|---|---|---------------------------|
|           |   | <b>1</b><br>9AM-TAI CHI (B)<br>9:30AM-TAI CHI                 | <b>2</b><br>5:00PM-CORE<br>5:30PM-KICKBOX  | <b>3</b><br>9:30AM-TAI CHI<br>10:30AM-CIRCUIT<br>5:30PM-BLUERUSH  | <b>4</b><br>9:30AM-ZUMBA<br>5:00PM-CORE<br>5:30PM-SUSPENSION  | <b>5</b><br>11:30AM-CORE  |
| <b>6</b>  | <b>7</b><br>9:30AM-STRETCH<br>10:00AM-ZUMBA<br>5:30PM-PUMP  | <b>8</b><br>9AM-TAI CHI (B)<br>9:30AM-TAI CHI<br>5:30PM-YOGA  | <b>9</b><br>5:00PM-CORE<br>5:30PM-KICKBOX  | <b>10</b><br>9:30AM-TAI CHI<br>10:30AM-CIRCUIT<br>5:30PM-BLUERUSH | <b>11</b><br>9:30AM-ZUMBA<br>5:00PM-CORE<br>5:30PM-SUSPENSION | <b>12</b><br>11:30AM-CORE |
| <b>13</b> | <b>14</b><br>9:30AM-STRETCH<br>10:00AM-ZUMBA<br>5:30PM-PUMP | <b>15</b><br>9AM-TAI CHI (B)<br>9:30AM-TAI CHI<br>5:30PM-YOGA | <b>16</b><br>5:00PM-CORE<br>5:30PM-KICKBOX | <b>17</b><br>9:30AM-TAI CHI<br>10:30AM-CIRCUIT<br>5:30PM-BLUERUSH | <b>18</b><br>9:30AM-ZUMBA<br>5:00PM-CORE<br>5:30PM-SUSPENSION | <b>19</b><br>11:30AM-CORE |
| <b>20</b> | <b>21</b><br>9:30AM-STRETCH<br>10:00AM-ZUMBA<br>5:30PM-PUMP | <b>22</b><br>9AM-TAI CHI (B)<br>9:30AM-TAI CHI<br>5:30PM-YOGA | <b>23</b><br>5:00PM-CORE<br>5:30PM-KICKBOX | <b>24</b><br>9:30AM-TAI CHI<br>10:30AM-CIRCUIT<br>5:30PM-BLUERUSH | <b>25</b><br>9:30AM-ZUMBA<br>5:00PM-CORE<br>5:30PM-SUSPENSION | <b>26</b><br>11:30AM-CORE |
| <b>27</b> | <b>28</b><br>9:30AM-STRETCH<br>10:00AM-ZUMBA<br>5:30PM-PUMP | <b>29</b><br>9AM-TAI CHI (B)<br>9:30AM-TAI CHI<br>5:30PM-YOGA | <b>30</b><br>5:00PM-CORE<br>5:30PM-KICKBOX | <b>31</b><br>9:30AM-TAI CHI<br>10:30AM-CIRCUIT<br>5:30PM-BLUERUSH |   |                           |