



JANUARY FITNESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All calendars are subject to change	1	2 Pilates Fusion 9am-10:00am	3 T'ai Chi 9am-9:30am Water Aerobics 9:30am-10:30am	4 Sculpt 9am-10:00am	5
6	7	8 Balance & Core 9am-9:30am Water Aerobics 9:30am-10:30am	9 Pilates Fusion 9am-10:00am	10 T'ai Chi 9am-9:30am Water Aerobics 9:30am-10:30am	11 Sculpt 9am-10:00am	12 Yoga on the Green 9:00am
13	14	15 Balance & Core 9am-9:30am Water Aerobics 9:30am-10:30am	16 Pilates Fusion 9am-10:00am	17 T'ai Chi 9am-9:30am Water Aerobics 9:30am-10:30am	18 Sculpt 9am-10:00am	19
20	21	22 Balance & Core 9am-9:30am Water Aerobics 9:30am-10:30am	23 Pilates Fusion 9am-10:00am	24 T'ai Chi 9am-9:30am Water Aerobics 9:30am-10:30am	25 Sculpt 9am-10:00am	26
27	28	29 Balance & Core 9am-9:30am Water Aerobics 9:30am-10:30am	30 Pilates Fusion 9am-10:00am	31		