
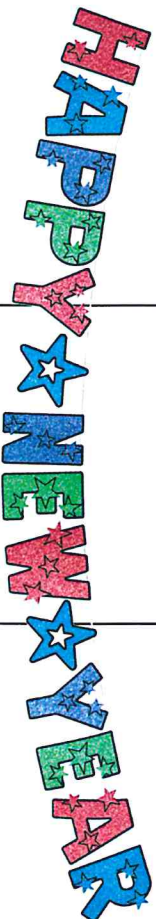









January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
3	4 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	5 7:45 Total Body (Jessica) 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga (Amy) 4:30 Fun Run (Jacob) 6:30 Push (Danielle)	6 6:45am Yoga (Amy) 9:00 Power Camp/ Kettle-bell (Carol) 10:30 iTone (Rissa) 10:45 C. Silversneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	7 7:45 Total Body (Jessica) 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:30 Yoga/Pilates (Simon) 5:00 Pull (Jacob)	8 6:45am Yoga (Amy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Gentle Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	9 
10 	11 9:00 Power Pump (Danielle) 10:30 Chair Yoga (Amy) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	12 7:45 Total Body (Jessica) 9:00 Bike/Sculpt (Carol) 9:30 On The Ball (Jacob) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 12:15 Yoga (Amy) 4:30 Fun Run (Jacob) 6:30 Push (Danielle)	13 6:45am Yoga (Amy) 9:30 Power Camp/ Kettle-bell (Carol) 10:30 iTone (Rissa) 10:45 C. Silversneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	14 7:45 Total Body (Jessica) 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 12:30 Yoga/Pilates (Simon) 5:00 Pull (Jacob)	15 6:45am Yoga (Amy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:00 Gentle Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	16
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