



January 2012



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 POA office Closed Zumba 6:30-7:30 pm Yoga 8:30-9:30 pm	3 NO YOGA CLASS Step and Sculpt 6:15 - 7:15 pm	4 Sweat & Sculpt 6:30-7:30 pm	5	6 Body Sculpting 8:30-9:30 Yoga 9:30- 10:30
8 Lz	9 Zumba 6:30- 7:30 pm Yoga 8:30-9:30 pm	10 Yoga 9:00-10:00 am Step and Sculpt 6:15 - 7:15 pm	11 Sweat & Sculpt 6:30-7:30 pm	12	13 Body Sculpting 8:30-9:30 Yoga 9:30- 10:30
15	16 NO CLASS BASEBALL SIGN-UPS 6-9	17 Yoga 9:00-10:00 am Step and Sculpt 6:15 - 7:15 pm	18 No Class/ Echoes	19 Zumba 6:30-7:30 pm	20 Body Sculpting 8:30-9:30 Yoga 9:30- 10:30 *W/ Sharon
22	23 Zumba 6:30-7:30 pm Yoga 8:30-9:30 pm	24 Yoga 9:00-10:00 am Step and Sculpt 6:15 - 7:15 pm	25 Sweat & Sculpt 6:30-7:30 pm	26	27 Body Sculpting 8:30-9:30 Yoga 9:30- 10:30 *W/ Sharon
29	30 Zumba 6:30- 7:30 pm Yoga 8:30-9:30 PM	31 Yoga 9:00-10:00 am Step and Sculpt 6:15 - 7:15 pm			



SATURDAY

7

Baseball Sign ups

No Classes

14

Baseball Sign ups

No Classes

21

Sunrise Yoga
8:30-9:30 am

28

Sunrise Yoga
8:30-9:30 am

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