



# January



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 8AM YOGA 9AM LINEDANCE 5PM SPIN	4 9AM CHAIR YOGA 10AM CARDIO CHAIR 5PM SPIN	5 8AM YOGA 5PM SPIN	6 8AM-BEANBAG BASEBALL 9AM CHAIR YOGA 5:30P ZUMBA	7 8AM-BEANBAG BASEBALL	8
<p>THE YEAR IS NEW, EACH DAY IS NEW, MAY THEY BE ALL FILLED WITH ALL THAT YOU ARE WORKING TOWARDS.</p>	10 8AM YOGA 9AM LINEDANCE 5PM SPIN	11 9AM CHAIR YOGA 10AM CARDIO CHAIR 5PM SPIN	12 8AM YOGA 5PM SPIN	13 8AM-BEANBAG BASEBALL 9AM CHAIR YOGA 5:30P ZUMBA	14 8AM-BEANBAG BASEBALL	15
	<p>5A-5P MLK MARTIN LUTHER KING JR. DAY</p>	18 9AM CHAIR YOGA 10AM CARDIO CHAIR 5PM SPIN	19 8AM YOGA 5PM SPIN	20 8AM-BEANBAG BASEBALL 9AM CHAIR YOGA 5:30P ZUMBA	21 8AM-BEANBAG BASEBALL	22
	24 8AM YOGA 9AM LINEDANCE 5PM SPIN	25 9AM CHAIR YOGA 10AM CARDIO CHAIR 5PM SPIN	26 8AM YOGA 5PM SPIN	27 8AM-BEANBAG BASEBALL 9AM CHAIR YOGA 5:30P ZUMBA	28 8AM-BEANBAG BASEBALL	29
	31 8AM YOGA 9AM LINEDANCE 5PM SPIN					



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