

JANUARY 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
						1 New Year's Day CLOSED																																																																																				
2 CLOSED	3 6am BOOTCAMP 9am PIYO (PILATES) 6pm ZUMBA TONING 7:15p CARDIO SCULPT & Stretch	4 9am BODY SCULPT 6:00p TURBO KICK 7:15p CARDIO-PILATES FUSION 8pm SALSA SAMPLER	5 6am BOOTCAMP 9:30a ZUMBA 6pm Cardio HIP HOP 7pm *Pole Level 1 8pm *POLE LEVEL 1	6 9am TOTAL BODY 6pm KETTLEBELL 7PM ZUMBA	7 6am Bootcamp 9:30a Zumba Toning 6pm Turbo Kick 7pm *POLEWORK!	8 8am KETTLEBELLS 9am ZUMBA 10am GLIDE & SCULLPT																																																																																				
9 New Year New You Open Registration 12pm-2pm	10 6am BOOTCAMP 9am PIYO (PILATES) 6pm ZUMBA TONING 7:15p CARDIO SCULPT & Stretch	11 9am BODY SCULPT 6:00p TURBO KICK 7:15p CARDIO-PILATES FUSION 8pm SALSA SAMPLER	12 6am BOOTCAMP 9:30a ZUMBA 6pm Cardio Shimmy 7pm *Pole Level 1 8pm *POLE LEVEL 1	13 9am TOTAL BODY 6pm KETTLEBELL 7PM ZUMBA	14 6am Bootcamp 9:30a Zumba Toning 6pm Turbo Kick 7pm *POLEWORK!	15 8am KETTLEBELLS 9am ZUMBA 10am GLIDE & SCULLPT																																																																																				
16 <u>Family Fitness Day</u> 11-Sports Cond. 12pm-Family Yoga 1pm-Zumbatomic 1:45 Mommy and Me See Flyer for more info	17 ML King Day 6am BOOTCAMP 9am PIYO (PILATES) 6pm ZUMBA TONING 7:15p CARDIO SCULPT & Stretch	18 9am BODY SCULPT 6:00p TURBO KICK 7:15p CARDIO-PILATES FUSION 8pm SALSA SAMPLER	19 6am BOOTCAMP 9:30a ZUMBA 6pm Cardio Shimmy 7pm *Pole Level 1 8pm *POLE LEVEL 1	20 9am TOTAL BODY 6pm KETTLEBELL 7PM ZUMBA	21 6am Bootcamp 9:30a Zumba Toning 6pm Turbo Kick 7pm *POLEWORK!	22 8am KETTLEBELLS 9am ZUMBA 10am GLIDE & SCULLPT																																																																																				
23	24 6am BOOTCAMP 9am PIYO (PILATES) 6pm ZUMBA TONING 7:15p CARDIO SCULPT & Stretch	25 9am BODY SCULPT 6:00p TURBO KICK 7:15p CARDIO-PILATES FUSION 8pm SALSA SAMPLER	26 6am BOOTCAMP 9:30a ZUMBA 6pm Cardio Shimmy 7pm *Pole Level 1 8pm *POLE LEVEL 1	27 9am TOTAL BODY 6pm KETTLEBELL 7PM ZUMBA	28 6am Bootcamp 9:30a Zumba Toning 6pm Turbo Kick 7pm *POLEWORK!	29 8am KETTLEBELLS 9am ZUMBA 10am GLIDE & SCULLPT																																																																																				
30	31 6am BOOTCAMP 9am PIYO (PILATES) 6pm ZUMBA TONING 7:15p CARDIO SCULPT & Stretch	December 2010 <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>Th</th> <th>F</th> <th>Sa</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> </tr> </tbody> </table>		S	M	T	W	Th	F	Sa				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		February 2011 <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>Th</th> <th>F</th> <th>Sa</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> </tr> <tr> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> </tr> <tr> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> </tr> <tr> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> </tr> <tr> <td>27</td> <td>28</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		S	M	T	W	Th	F	Sa			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28						Pole Fitness New Session 1/5/10-4 weeks/\$50 Polework New Session 1/7/11-4 weeks /\$50 New Class-Cardio Shimmy-Belly Dance & Bollyw Check out our New Year New you Challenge! Interested in Salsa Dancing? Sign up for our 2 hc Sunday Salsa Bootcamps starting 2/11
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