

January 2020

Highlights for January

- 1st Happy New Year
- 6th Belly Fat & Waist Trim Challenge STARTS



MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
4 week Classes Jan. 3 – Jan 31 Mon, Wed & Fri 5am, 6am, 5:30pm, 6:30pm JANUARY 4 week Waist Trim Gut Buster challenge officially starts January 6 th Get your workouts, meal plans, grocery list, Victory manual to lead you through the process, plus access to the GChamp group forCheck it out at www.gymnagians.com		Happy New Year **No Classes** Want a private session? Call for \$30 reg. \$50 Personal training sessions	**No Classes** Want a private session? Call for \$30 reg. \$50 Personal training sessions	Punches-n-Bunches Classes 5am, 6am, 5:30p, 6:30p		
6	7	8	9	10	11	12
Waist Trim Gut Buster Challenge Classes 5am, 6am, 5:30p, 6:30p	Personal training sessions call Donna to schedule	Waist Trim Gut Buster Challenge Classes 5am, 6am, 5:30p, 6:30p	Personal training sessions call Donna to schedule	Waist Trim Gut Buster Challenge Classes 5am, 6am, 5:30p, 6:30p		
13	14	15	16	17	18	19
Waist Trim Gut Buster Challenge Classes 5am, 6am, 5:30p, 6:30p	Personal training sessions call Donna to schedule	Waist Trim Gut Buster Challenge Classes 5am, 6am, 5:30p, 6:30p	Personal training sessions call Donna to schedule	Waist Trim Gut Buster Challenge Classes 5am, 6am, 5:30p, 6:30p		
20	21	22	23	24	25	26
Waist Trim Gut Buster Challenge Classes 5am, 6am, 5:30p, 6:30p	Personal training sessions call Donna to schedule	Waist Trim Gut Buster Challenge Classes 5am, 6am, 5:30p, 6:30p	Personal training sessions call Donna to schedule	Waist Trim Gut Buster Challenge Classes 5am, 6am, 5:30p, 6:30p		
27	28	29	30	31	"Your body can stand almost anything. It's your mind that you have to convince."	
Waist Trim Gut Buster Challenge Classes 5am, 6am, 5:30p, 6:30p	Personal training sessions call Donna to schedule	Waist Trim Gut Buster Challenge Classes 5am, 6am, 5:30p, 6:30p	Personal training sessions call Donna to schedule	Waist Trim Gut Buster Challenge Classes 5am, 6am, 5:30p, 6:30p		