

# JANUARY 2018 EXERCISE CALENDAR

4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p><b>Building Closed for New Years Day</b></p>	<p><b>2</b></p> <p>9:00 <b>NO</b> GENTLE YOGA            9:15 LOW AND SLOW (O)            10:15 <b>NO</b> Chair Yoga            11:00 FOLK DANCE            12:30 FIT AND FABULOUS            1:30 ZUMBA GOLD CHAIR (O)  <b>2:30 30 MIN. ZUMBA GOLD (N)</b>            (3 Week Session)  <b>5:30 Body B-Last (N)</b></p>	<p><b>3</b></p> <p>8:15 B FIT            9:10 PEPS            10:00 MODIFIED YOGA            10:30 TAI CHI FORM            11:00 <b>NO</b> TAI CHI I            11:30 <b>NO</b> TAI CHI II            1:00 ZUMBA GOLD (T)            2:15 <b>NO</b> HOOP DANCE FITNESS            5:30 ZUMBA (O)</p>	<p><b>4</b></p> <p><b>9:00 GENTLE YOGA (N)</b>  <b>9:15 LOW AND SLOW (N)</b>            10:15 <b>NO</b> Chair Yoga  <b>10:15 ZUMBA GOLD CHAIR (N)</b>            11:15 30 MIN. ZUMBA GOLD            12:30 FIT AND FABULOUS            2:00 DANCE –THE BALLROOM WORKOUT (E)            5:30 Body B-Last</p>	<p><b>5</b></p> <p>8:15 B FIT            9:10 PEPS            10:30 ZUMBA GOLD FRIDAY AM            12:00 FIT AND FABULOUS            1:00 ZUMBA GOLD            2:15 <b>NO</b> HOOP DANCE FITNESS</p>
<p><b>8</b></p> <p><b>7:30-9:30 Functional Fitness Fix</b></p> <p>8:15 B FIT            9:10 PEPS            10:00 MODIFIED YOGA (E)            10:30 TAI CHI FORM  <b>11:00 TAI CHI I (N)</b>  <b>11:30 TAI CHI II (N)</b>            1:00 ZUMBA GOLD (E)            2:30-3:30 Line Dance  <b>5:30 ZUMBA TONING (N)</b></p>	<p><b>9</b></p> <p>9:00 GENTLE YOGA            9:15 LOW AND SLOW            10:15 Chair Yoga            11:00 FOLK DANCE            12:30 FIT AND FABULOUS            1:30 ZUMBA GOLD CHAIR            2:30 30 MIN. ZUMBA GOLD            5:30 Body B-Last</p>	<p><b>10</b></p> <p>8:15 B FIT            9:10 PEPS            10:00 MODIFIED YOGA (O)            10:30 TAI CHI FORM            11:00 TAI CHI I            11:30 TAI CHI II            1:00 ZUMBA GOLD (T) (O)            2:15 <b>NO</b> HOOP DANCE FITNESS            5:30 ZUMBA</p>	<p><b>11</b></p> <p>9:00 GENTLE YOGA            9:15 LOW AND SLOW            10:15 Chair Yoga            10:15 ZUMBA GOLD CHAIR            11:15 30 MIN. ZUMBA GOLD            12:30 FIT AND FABULOUS  <b>1:30 Social Dance</b>            5:30 Body B-Last</p>	<p><b>12</b></p> <p>8:15 B FIT            9:10 PEPS            10:30 ZUMBA GOLD FRIDAY AM (E)            12:00 FIT AND FABULOUS  <b>1:00 ZUMBA GOLD (N)</b>            2:15 <b>NO</b> HOOP DANCE FITNESS</p>
<p><b>15</b></p> <p><b>7:30-9:30 Functional Fitness Fix</b></p> <p>8:15 <b>NO</b> B FIT            9:10 <b>NO</b> PEPS            10:00 <b>NO</b> MODIFIED YOGA            10:30 TAI CHI FORM            11:00 TAI CHI I            11:30 TAI CHI II            1:00 <b>NO</b> ZUMBA GOLD            2:30-3:30 <b>NO</b> Line Dance            5:30 <b>NO</b> ZUMBA TONING</p>	<p><b>16</b></p> <p>9:00 GENTLE YOGA            9:15 LOW AND SLOW            10:15 CHAIR YOGA            11:00 FOLK DANCE            12:30 FIT AND FABULOUS            1:30 ZUMBA GOLD CHAIR            2:30 30 MIN. ZUMBA GOLD            5:30 Body B-Last</p>	<p><b>17</b></p> <p>8:15 B FIT            9:10 PEPS  <b>10:00 MODIFIED YOGA (N)</b>            10:30 TAI CHI FORM            11:00 TAI CHI I            11:30 TAI CHI II            1:00 ZUMBA GOLD (T)            2:15 <b>NO</b> HOOP DANCE FITNESS            5:30 ZUMBA</p>	<p><b>18</b></p> <p>9:00 <b>NO</b> GENTLE YOGA            9:15 LOW AND SLOW            10:15 <b>NO</b> CHAIR YOGA            10:15 ZUMBA GOLD CHAIR            11:15 30 MIN. ZUMBA GOLD (E)            12:30 FIT AND FABULOUS  <b>2:00 DANCE –THE BALLROOM WORKOUT (N)</b>  <b>4:30 STRONG by Zumba... .... \$5</b>            5:30 Body-B-Last</p>	<p><b>19</b></p> <p>8:15 B FIT            9:10 PEPS            10:15 ZUMBA GOLD FRIDAY AM (O) (New time)            11:30 30 MIN. ZUMBA GOLD (O)            (new day of the week added)            12:15 FIT AND FABULOUS (E) (New time)            1:00 ZUMBA GOLD            2:15 <b>NO</b> HOOP DANCE FITNESS</p>
<p><b>22</b></p> <p><b>7:30-9:30 Functional Fitness Fix</b></p> <p>8:15 <b>NO</b> B FIT            9:10 <b>NO</b> PEPS            10:00 MODIFIED YOGA            10:30 TAI CHI FORM            11:00 TAI CHI I            11:30 TAI CHI II            1:00 ZUMBA GOLD            2:30-3:30 Line Dance            5:30 ZUMBA TONING</p>	<p><b>23</b></p> <p>9:00 GENTLE YOGA            9:15 LOW AND SLOW            10:15 CHAIR YOGA            11:00 FOLK DANCE  <b>12:30 FIT AND FABULOUS (N)</b>            1:30 ZUMBA GOLD CHAIR  <b>2:30 30 MIN. ZUMBA GOLD (N)</b>            5:30 <b>NO</b> Body B-Last</p>	<p><b>24</b></p> <p>8:15 <b>NO</b> B FIT            9:10 <b>NO</b> PEPS            10:00 MODIFIED YOGA            10:30 TAI CHI FORM            11:00 TAI CHI I            11:30 TAI CHI II            1:00 ZUMBA GOLD(T)            2:15 HOOP DANCE FITNESS (O)            5:30 ZUMBA</p>	<p><b>25</b></p> <p>9:00 GENTLE YOGA            9:15 LOW AND SLOW            10:15 Chair Yoga            10:15 ZUMBA GOLD CHAIR            11:15 30 MIN. ZUMBA GOLD            12:30 FIT AND FABULOUS            2:00 DANCE –THE BALLROOM WORKOUT  <b>4:30 STRONG by Zumba.....\$5</b>            5:30 <b>NO</b> Body B-Last</p>	<p><b>26</b></p> <p>8:15 <b>NO</b> B FIT            9:10 <b>NO</b> PEPS  <b>10:15 ZUMBA GOLD FRIDAY AM (N)</b>            11:30 30 MIN. ZUMBA GOLD            12:15 FIT AND FABULOUS            1:00 ZUMBA GOLD  <b>2:15 HOOP DANCE FITNESS (N)</b></p>
<p><b>29</b></p> <p><b>7:30-9:30 Functional Fitness Fix</b></p> <p>8:15 B FIT            9:10 PEPS            10:00 MODIFIED YOGA            10:30 TAI CHI FORM            11:00 TAI CHI I            11:30 TAI CHI II            1:00 ZUMBA GOLD  <b>2:30-3:30 Line Dance (E)</b>            5:30 ZUMBA TONING</p>	<p><b>30</b></p> <p>9:00 GENTLE YOGA            9:15 LOW AND SLOW            10:15 CHAIR YOGA            11:00 FOLK DANCE            12:30 FIT AND FABULOUS            1:30 ZUMBA GOLD CHAIR            2:30 30 MIN. ZUMBA GOLD            5:30 Body B-Last</p>	<p><b>31</b></p> <p>8:15 B FIT            9:10 EPS            10:00 MODIFIED YOGA            10:30 TAI CHI FORM            11:00 TAI CHI I            11:30 TAI CHI II            1:00 ZUMBA GOLD (T)            2:15 HOOP DANCE FITNESS            5:30 ZUMBA</p>	<p align="center"><b>SATURDAY CLASSES</b></p> <p align="center"><b>CORE 'N MORE</b></p> <p align="center"><b>8:15-9:00 AM</b></p> <p align="center"><b>*NOTE: NEW TIME</b></p> <p><b>NEW SESSION:</b>  <b>December 16th-February 3rd</b>  <b>No Class: January 20th</b></p>	