

JANUARY 2019 EXERCISE CALENDAR

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SATURDAY CORE 'N MORE 8:15-9:00 AM NEW SESSION: Dec. 22—Feb. 9 No class: Jan. 12, 19 YOGA FOR BALANCE 10-11 AM NEW SESSION: January 26th—March 2nd</p>	<p>1 CENTER CLOSED FOR THE NEW YEAR'S HOLIDAY</p>	<p>2 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA (O) 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD(T) 2:15 HOOP DANCE FITNESS (O) 5:30 ZUMBA (O)</p>	<p>3 8:00 Seniors Circuit (O) 9:00 NO GENTLE YOGA 9:15 LOW AND SLOW (O) 10:15 NO Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 NO DANCE –THE BALLROOM WORKOUT 4:30 STRONG by Zumba 5:30 Group Training (O)</p>	<p>4 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM (N) 11:30 30 MIN. ZUMBA GOLD (E) 12:15 FIT & FABULOUS (E) 1:00 ZUMBA GOLD (E) 2:15 HOOP DANCE FITNESS (N)</p>
<p>7 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA (N) 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (O) 2:30-3:30 No Line Dance II 3:30-4:30 No Line Dance I 5:30 ZUMBA TONING (N)</p>	<p>8 8:00 Seniors Circuit (N) 9:00 GENTLE YOGA 9:15 LOW AND SLOW (N) 10:15 CHAIR YOGA 11:00 FOLK DANCE 12:30 FIT AND FABULOUS (O) 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD (O) 5:30 Group Training (N)</p>	<p>9 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD(T) (N) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA</p>	<p>10 8:00 Seniors Circuit 9:00 GENTLE YOGA 9:15 LOW AND SLOW 10:15 Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD (N) 12:30 FIT AND FABULOUS (N) 2:00 DANCE –THE BALLROOM WORKOUT (N) 4:30 STRONG by Zumba 5:30 Group Training</p>	<p>11 8:15 NO B FIT 9:10 NO PEPS 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS</p>
<p>14 8:00 Yoga 8:15 NO B FIT 9:10 NO PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II (N) 3:30-4:30 Line Dance I (N) 5:30 ZUMBA TONING</p>	<p>15 8:00 Seniors Circuit 9:00 GENTLE YOGA (E) 9:15 LOW AND SLOW 10:15 CHAIR YOGA (E) 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 5:30 Group Training</p>	<p>16 8:00 Yoga (E) 8:15 NO B FIT 9:10 NO PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA</p>	<p>17 8:00 Seniors Circuit 9:00 NO GENTLE YOGA 9:15 LOW AND SLOW 10:15 NO Chair Yoga 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 DANCE-THE BALLROOM WORKOUT 4:30 STRONG by Zumba 5:30 Group Training</p>	<p>18 8:15 NO B FIT 9:10 NO PEPS 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS</p>
<p>21 8:00 Yoga (O) 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II 3:30-4:30 Line Dance I 5:30 ZUMBA TONING</p>	<p>22 8:00 Seniors Circuit 9:00 GENTLE YOGA (O) 9:15 LOW AND SLOW 10:15 CHAIR YOGA (O) 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 5:30 Group Training</p>	<p>23 8:00 Yoga (N) 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA</p>	<p>24 8:00 Seniors Circuit 9:00 GENTLE YOGA (E) 9:15 LOW AND SLOW 10:15 Chair Yoga (E) 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 DANCE –THE BALLROOM WORKOUT 4:30 STRONG by Zumba 5:30 Group Training</p>	<p>25 8:15 B FIT 9:10 PEPS 10:15 ZUMBA GOLD FRIDAY AM 11:30 30 MIN. ZUMBA GOLD 12:15 FIT AND FABULOUS 1:00 ZUMBA GOLD 2:15 HOOP DANCE FITNESS</p>
<p>28 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD 2:30-3:30 Line Dance II 3:30-4:30 Line Dance I 5:30 ZUMBA TONING</p>	<p>29 8:00 Seniors Circuit 9:00 GENTLE YOGA (O) 9:15 LOW AND SLOW 10:15 CHAIR YOGA (O) 11:00 FOLK DANCE 12:30 FIT AND FABULOUS 1:30 ZUMBA GOLD CHAIR 2:30 30 MIN. ZUMBA GOLD 5:30 Group Training</p>	<p>30 8:00 Yoga 8:15 B FIT 9:10 PEPS 10:00 MODIFIED YOGA 10:30 TAI CHI FORM 11:00 Beginning Tai Chi 1:00 ZUMBA GOLD (T) 2:15 HOOP DANCE FITNESS 5:30 ZUMBA</p>	<p>31 8:00 Seniors Circuit 9:00 GENTLE YOGA (N) 9:15 LOW AND SLOW 10:15 Chair Yoga (N) 10:15 ZUMBA GOLD CHAIR 11:15 30 MIN. ZUMBA GOLD 12:30 FIT AND FABULOUS 2:00 DANCE-THE BALLROOM WORKOUT 4:30 STRONG by Zumba (E) 5:30 Group Training</p>	<p>KEY: (N) New session starts (O) Open class, come try it out (E) Session ends</p>