



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<p>1</p> <p>CLOSED HAPPY NEW YEAR</p>	<p>2</p> <p>7:00am Ashtanga Yoga 7:30am Guts & Butts 9:00am Walk 15 9:30am Restorative Stretch 10:00am Yogalates 11:00am Chair Yoga</p> <p>6:00pm Restorative Yoga 6:30 ZUMBA® Pound Fit</p>	<p>3</p> <p>7:00am Bit of Everything 9:00am Pilates 10:15am Mind & Muscle</p> <p>2:00pm Body Basics</p> <p>6:30pm ZUMBA®</p>	<p>4</p> <p>7:00am Ashtanga Yoga 7:30am Bit of Everything 9:00am Walk 15 11:00am Body Basics</p> <p>5:30pm Pilates</p>	<p>5</p> <p>7:00am Step Interval 9:00am Pilates 10:30am Yoga - Slow Flow</p>	<p>6</p> <p>7:30am Ashtanga Yoga 8:30am Walk 15 9:00am Yoga - Slow Flow 10am ZUMBA® Toning</p>	<p>7</p> <p>NO Restorative Stretch NO Pilates</p>	
<p>8</p> <p>7:00am Cardio Sculpt NO Pilates 10:30am Yoga - Slow Flow</p> <p>2:00pm Body Basics</p> <p>6:30pm ZUMBA®</p>	<p>9</p> <p>7:00am Ashtanga Yoga 7:30am Guts & Butts 9:00am Walk 15 9:30am Restorative Stretch 10:00am Yogalates 11:00am Chair Yoga</p> <p>6:00pm Restorative Yoga 6:30 ZUMBA® Pound Fit</p>	<p>10</p> <p>7:00am Bit of Everything NO Pilates 10:30am Ballet Balance & Strenght</p> <p>2:00pm Body Basics</p> <p>6:30pm Kula Yoga 6:30pm ZUMBA®</p>	<p>11</p> <p>7:00am Ashtanga Yoga 7:30am Bit of Everything 9:00am Walk 15 11:00am Body Basics</p> <p>NO Pilates</p>	<p>12</p> <p>7:00am Step Interval NO Pilates 10:30am Yoga - Slow Flow</p>	<p>13</p> <p>7:30am Ashtanga Yoga 8:30am Walk 15 9:00am Yoga - Slow Flow 10am ZUMBA® Toning</p>	<p>14</p> <p>NO Restorative Stretch NO Pilates</p>	
<p>15</p> <p>7:00am Cardio Sculpt 9:00am Pilates 10:30am Yoga - Slow Flow</p> <p>2:00pm Body Basics</p> <p>6:30pm ZUMBA®</p>	<p>16</p> <p>7:00am Ashtanga Yoga 7:30am Guts & Butts 9:00am Walk 15 9:30am Restorative Stretch 10:00am Yogalates 11:00am Chair Yoga</p> <p>6:00pm Restorative Yoga 6:30 ZUMBA® Pound Fit</p>	<p>17</p> <p>7:00am Bit of Everything 9:00am Pilates 10:30am Ballet Balance & Strenght</p> <p>2:00pm Body Basics</p> <p>6:30pm Kula Yoga 6:30pm ZUMBA®</p>	<p>18</p> <p>7:00am Ashtanga Yoga 7:30am Bit of Everything 9:00am Walk 15 11:00am Body Basics</p> <p>5:30pm Pilates</p>	<p>19</p> <p>7:00am Step Interval 9:00am Pilates 10:30am Yoga - Slow Flow</p>	<p>20</p> <p>7:30am Ashtanga Yoga 8:30am Walk 15 9:00am Yoga - Slow Flow 10am ZUMBA® Toning</p>	<p>21</p> <p>8:00am Restorative Stretch 9:00am Pilates</p>	
<p>22</p> <p>7:00am Cardio Sculpt 9:00am Pilates 10:30am Yoga - Slow Flow</p> <p>2:00pm Body Basics</p> <p>6:30pm ZUMBA®</p>	<p>23</p> <p>7:00am Ashtanga Yoga 7:30am Guts & Butts 9:00am Walk 15 9:30am Restorative Stretch 10:00am Yogalates 11:00am Chair Yoga</p> <p>6:00pm Restorative Yoga 6:30 ZUMBA® Pound Fit</p>	<p>24</p> <p>7:00am Bit of Everything 9:00am Pilates 10:30am Ballet Balance & Strenght</p> <p>2:00pm Body Basics</p> <p>6:30pm Kula Yoga 6:30pm ZUMBA®</p>	<p>25</p> <p>7:00am Ashtanga Yoga 7:30am Bit of Everything 9:00am Walk 15 11:00am Body Basics</p> <p>5:30pm Pilates</p>	<p>26</p> <p>7:00am Step Interval 9:00am Pilates 10:30am Yoga - Slow Flow</p>	<p>27</p> <p>7:30am Ashtanga Yoga 8:30am Walk 15 9:00am Yoga - Slow Flow 10am ZUMBA® Toning</p>	<p>28</p> <p>8:00am Restorative Stretch 9:00am Pilates</p>	
<p>29</p> <p>7:00am Cardio Sculpt 9:00am Pilates 10:30am Yoga - Slow Flow</p> <p>2:00pm Body Basics</p> <p>6:30pm ZUMBA®</p>	<p>30</p> <p>7:00am Ashtanga Yoga 7:30am Guts & Butts 9:00am Walk 15 9:30am Restorative Stretch 10:00am Yogalates 11:00am Chair Yoga</p> <p>6:00pm Restorative Yoga 6:30 ZUMBA® Pound Fit</p>	<p>31</p> <p>7:00am Bit of Everything 9:00am Pilates 10:30am Ballet Balance & Strenght</p> <p>2:00pm Body Basics</p> <p>6:30pm Kula Yoga 6:30pm ZUMBA®</p>	<p>Tai Chi Classes <i>forming in January.</i> More information at the Front Desk.</p>				