

JANUARY FITNESS CLASS CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All classes listed are \$3.00 each. Your credit card on file will be charged at the end of the month for all classes attended.</p> <p>There is no charge for Calm & Strong as it is resident-led.</p>			<p>1</p> <p>Hammock Club is Closed.</p> <p><i>Happy New Year</i></p>	<p>2</p> <p>8:15am Yoga 9:15am Beginner Chair Yoga 11:45am Zumba 12:35pm Advance Strength & Balance</p>	<p>3</p> <p>8:15am Core & Cardio Aerobics 9:15am Restore & Recover 10:15am Chair Strength & Balance 11:30am Aqua Fitness 1:30pm Barre Before Bar</p>	<p>4</p> <p>9:15am Aqua Fitness 9:00am Power Yoga 10:15am Chair Strength & Balance</p>
<p>5</p>	<p>6</p> <p>9:15am Beginner Chair Yoga 10:15am Beginner Chair Yoga 1:00pm Pilates 5:45pm Yoga Sculpt</p>	<p>7</p> <p>9:00am Calm & Strong 9:15am Power Walk & Tune 10:15am Lengthen & Strengthen 11:45am Zumba</p>	<p>8</p> <p>8:15am Core & Cardio Aerobics 9:15am Restore & Recover 10:15am Cardio & Strength 11:30am Chair Strength & Balance 12:45pm HIIT Fitness 1:30pm Pilates Class</p>	<p>9</p> <p>8:15am Yoga 9:15am Beginner Chair Yoga 11:45am Zumba 12:35pm Advance Strength & Balance</p>	<p>10</p> <p>8:15am Core & Cardio Aerobics 9:15am Restore & Recover 10:15am Chair Strength & Balance 11:30am Aqua Fitness 11:30am Cardio & Strength 1:30pm Barre Before Bar</p>	<p>11</p> <p>9:15am Aqua Fitness 9:00am Power Yoga 10:15am Chair Strength & Balance</p>
<p>12</p>	<p>13</p> <p>9:15am Beginner Chair Yoga 10:15am Beginner Chair Yoga 11:30am Fitness Center Orientation 1:00pm Pilates 5:45pm Yoga Sculpt</p>	<p>14</p> <p>9:00am Calm & Strong 9:15am Power Walk & Tune 10:15am Lengthen & Strengthen 11:45am Zumba</p>	<p>15</p> <p>8:15am Core & Cardio Aerobics 9:15am Restore & Recover 10:15am Cardio & Strength 11:30am Chair Strength & Balance 12:45pm HIIT Fitness 1:30pm Pilates Class</p>	<p>16</p> <p>8:15am Yoga 9:15am Beginner Chair Yoga 11:45am Zumba 12:35pm Advance Strength & Balance</p>	<p>17</p> <p>8:15am Core & Cardio Aerobics 9:15am Restore & Recover 10:15am Chair Strength & Balance 11:30am Aqua Fitness 1:30pm Barre Before Bar</p>	<p>18</p> <p>9:15am Aqua Fitness 9:00am Power Yoga 10:15am Chair Strength & Balance</p>
<p>19</p>	<p>20</p> <p>9:15am Beginner Chair Yoga 10:15am Beginner Chair Yoga 1:00pm Pilates 5:45pm Yoga Sculpt</p>	<p>21</p> <p>9:00am Calm & Strong 9:15am Power Walk & Tune 10:15am Lengthen & Strengthen 11:45am Zumba</p>	<p>22</p> <p>8:15am Core & Cardio Aerobics 9:15am Restore & Recover 10:15am Cardio & Strength 11:30am Chair Strength & Balance 12:45pm HIIT Fitness 1:30pm Pilates Class</p>	<p>23</p> <p>8:15am Yoga 9:15am Beginner Chair Yoga 11:45am Zumba 12:35pm Advance Strength & Balance</p>	<p>24</p> <p>8:15am Core & Cardio Aerobics 9:15am Restore & Recover 10:15am Chair Strength & Balance 11:30am Aqua Fitness 1:30pm Barre Before Bar</p>	<p>25</p> <p>9:15am Aqua Fitness 9:00am Power Yoga 10:15am Chair Strength & Balance</p>
<p>26</p>	<p>27</p> <p>9:15am Beginner Chair Yoga 10:15am Beginner Chair Yoga 1:00pm Pilates 5:45pm Yoga Sculpt</p>	<p>28</p> <p>9:00am Calm & Strong 9:15am Power Walk & Tune 10:15am Lengthen & Strengthen 11:45am Zumba</p>	<p>29</p> <p>8:15am Core & Cardio Aerobics 9:15am Restore & Recover 10:15am Cardio & Strength 11:30am Chair Strength & Balance 12:45pm HIIT Fitness 1:30pm Pilates Class</p>	<p>30</p> <p>8:15am Yoga 9:15am Beginner Chair Yoga 11:45am Zumba 12:35pm Advance Strength & Balance</p>	<p>31</p> <p>8:15am Core & Cardio Aerobics 9:15am Restore & Recover 10:15am Chair Strength & Balance 11:30am Aqua Fitness</p>	<p>Classes held in the Group Fitness Room (Black) Classes held in the Resistance Pool (Green)</p>