

~ January 2012 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 LOW IMPACT AEROBICS 10:00 – 11:00 AM PILATES 5:30 – 6:25 PM	3 YOGA 10:00 –11:00 AM ABDOMINALS 5:45 – 6:20 PM ZUMBA 7:30-8:30 PM	4 YOGA 7:00 – 8:00 PM	5 CHAIR AEROBICS 10:00 – 11:00 AM YOGA 10:00 – 11:00 AM PILATES 5:30 – 6:25 PM	6	7
8	9 LOW IMPACT AEROBICS 10:00 – 11:00 AM PILATES 5:30 – 6:25 PM	10 YOGA 10:00 –11:00 AM ABDOMINALS 5:45 – 6:20 PM ZUMBA 7:30-8:30 PM	11 YOGA 7:00 – 8:00 PM	12 CHAIR AEROBICS 10:00 – 11:00 AM YOGA 10:00 – 11:00 AM PILATES 5:30 – 6:25 PM	13	14
15	16 LOW IMPACT AEROBICS 10:00 – 11:00 AM LOW IMPACT AEROBICS 10:00 – 11:00 AM PILATES 5:30 – 6:25 PM	17 YOGA 10:00 –11:00 AM ABDOMINALS 5:45 – 6:20 PM ZUMBA 7:30-8:30 PM	18 YOGA 7:00 – 8:00 PM	19 CHAIR AEROBICS 10:00 – 11:00 AM YOGA 10:00 – 11:00 AM PILATES 5:30 – 6:25 PM	20	21
22	23 LOW IMPACT AEROBICS 10:00 – 11:00 AM PILATES 5:30 – 6:25 PM	24 YOGA 10:00 –11:00 AM ABDOMINALS 5:45 – 6:20 PM ZUMBA 7:30-8:30 PM	25 YOGA 7:00 – 8:00 PM	26 CHAIR AEROBICS 10:00 – 11:00 AM YOGA 10:00 – 11:00 AM PILATES 5:30 – 6:25 PM	27	28
29	30 LOW IMPACT AEROBICS 10:00 – 11:00 AM PILATES 5:30 – 6:25 PM	31 YOGA 10:00 –11:00 AM ABDOMINALS 5:45 – 6:20 PM ZUMBA 7:30-8:30 PM	Notes: Notes: Purchase class passes at front desk of Fit For Life. Zumba is held at Best Western Hotel. Guests & non-members welcome!			