

# January 2012

## Ladies' Fitness Center 545-0099

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Happy New Year!	<b>2</b> 8:30 AM Cycle Express Carol 9:15 AM Total Body Cond Carol 5:00 PM X-Train Allison	<b>3</b> 8:30 AM Pilates Audrey 6:00 PM 20/20/20 Lisa 7:00 PM Zumba Cindy	<b>4</b> 8:30 AM Cycle Express Audrey 9:15 AM Total Body Cond Audrey 6:00 PM Step/Core Lynne	<b>5</b> 8:30 AM Cycle Audrey 9:30 AM ZUMBA! Robin 5:15 PM Cycle Express Lisa 6:00 PM Sculpt Lisa	<b>6</b> 9:15 AM CardioCore Audrey 12:30 PM Zumba Robin 5:00 PM Cycle Audrey	<b>7</b> 8:30 AM Cycle Express Lisa 9:15 AM Sculpt Lisa no yoga
<b>8</b> 4:00 PM Cycle Audrey 5:00 PM Pilates Audrey	<b>9</b> 8:30 AM Cycle Express Audrey 9:15 AM Total Body Cond Audrey 5:00 PM X-Train Allison 6:00 PM Boot Camp Lisa 7:00 PM Yoga Liz	<b>10</b> 6:00 AM Sculpt Adrienne 8:30 AM Pilates Audrey 6:00 PM 20/20/20 Lisa 7:00 PM Cycle Audrey	<b>11</b> 8:30 AM Cycle Express Audrey 9:15 AM Total Body Cond Audrey 6:00 PM Step Audrey 6:45 PM Pilates Audrey	<b>12</b> 9:30 AM ZUMBA! Robin 5:15 PM CardioLite Lynne 6:00 PM Sculpt Lynne	<b>13</b> 9:15 AM CardioCore Audrey 12:30 PM Zumba Robin 5:00 PM Cycle Audrey	<b>14</b> 8:30 AM Cycle Express Carol 9:15 AM Sculpt Carol 10:30 AM Yoga ..
<b>15</b> 4:00 PM Cycle Jodie	<b>16</b> 8:30 AM Cycle Express Audrey 9:15 AM Total Body Cond Audrey 5:00 PM X-Train Allison 6:00 PM Kickbox Carol 7:00 PM Yoga Liz	<b>17</b> 6:00 AM Cycle Adrienne 8:30 AM Pilates Audrey 6:00 PM 20/20/20 Lisa 7:00 PM Zumba Cindy	<b>18</b> 8:30 AM Cycle Express Audrey 9:15 AM Total Body Cond Audrey 6:00 PM Step/Core Lynne	<b>19</b> 9:30 AM ZUMBA! Robin 5:15 PM Cycle Express Carol 6:00 PM Sculpt Carol	<b>20</b> 9:15 AM CardioCore Audrey 12:30 PM Zumba Robin 5:00 PM Cycle Audrey	<b>21</b> 8:30 AM Cycle Express Lisa 9:15 AM Sculpt Lisa 10:30 AM Yoga ..
<b>22</b> 8:00 AM Cycle Express Carol 4:00 PM Cycle Audrey 5:00 PM Pilates Audrey	<b>23</b> 8:30 AM Cycle Express Audrey 9:15 AM Total Body Cond Audrey 5:00 PM X-Train Allison 6:00 PM Kickbox Carol 7:00 PM Yoga Liz	<b>24</b> 6:00 AM Sculpt Adrienne 8:30 AM Pilates Audrey 6:00 PM 20/20/20 Lisa 7:00 PM Cycle Audrey	<b>25</b> 8:30 AM Cycle Express Audrey 9:15 AM Total Body Cond Audrey 6:00 PM Step Audrey 6:45 PM Pilates Audrey	<b>26</b> 9:30 AM ZUMBA! Robin 5:15 PM CardioLite Lynne 6:00 PM Sculpt Carol	<b>27</b> 9:15 AM CardioCore Audrey 12:30 PM Zumba Robin 5:00 PM Cycle Audrey	<b>28</b> 8:30 AM Cycle Express Carol 9:15 AM Sculpt Carol 10:30 AM Yoga ..
<b>29</b> 4:00 PM Cycle Audrey 5:00 PM Pilates Audrey	<b>30</b> 8:30 AM Cycle Express Audrey 9:15 AM Total Body Cond Audrey 5:00 PM X-Train Allison 6:00 PM Kickbox Allison 7:00 PM Yoga Liz	<b>31</b> 6:00 AM Cycle Adrienne 8:30 AM Pilates Audrey 6:00 PM 20/20/20 Lisa 7:00 PM Zumba Cindy	CHILDWATCH HOURS: M 8:30-10:30am * Tues 6-8pm Wed 8:30-10:30am Thurs. 9:30-10:30 Fri and Sat 9-10:30am			