

# January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	9:30 Cut-N-Tone Joanna 12:10 Circuit Training Dan Mc. <u>4:30</u> <u>Muscle Extreme 30</u> Beth 5:30 Cut-N-Tone Beth	9:30 Pilates Elaine 12:10: Step Michelle 5:30 Core Fit: Beth 6:30 Yoga Judy	8:30 Cut-N-Tone Dan McDade 9:30 Power Pilates Karen	9:30 Pilates Elaine 12:10: Cur-N-Tone Karen 4:30 Cut-N-Tone Dan Mc. 5:30 Boot Camp: Dan Mc. 6:30 Power Yoga Judy	8:30: Step Fern 9:30 Core Fitness Dan Mc. 12:10 Yoga Judy	9:00 Step Joanna 10:00 Cut-N-Tone Joanna	
8	9:30 Cut-N-Tone Fern 12:10 Circuit Training Michelle <u>4:30</u> <u>Muscle Extreme 30</u> Sandy 5:30 Cut-N-Tone Sandy	9:30 Pilates Elaine 12:10: Step Michelle 5:30 Core Fit: Beth 6:30 Yoga Judy	8:30 Cut-N-Tone Dan McDade 9:30 Power Pilates Karen	9:30 Yoga Rebecca 12:10: Cur-N-Tone Karen 4:30 Cut-N-Tone Dan Mc. 5:30 Boot Camp: Dan Mc. 6:30 Power Yoga Judy	8:30: Step Fern 9:30 Core Fitness Dan MC. 12:10 Yoga Judy	9:00 Step Joanna 10:00 Cut-N-Tone Joanna	
15	9:30 Cut-N-Tone Dan MC. 12:10 Circuit Training Dan MC. <u>4:30</u> <u>Muscle Extreme 30</u> Sandy 5:30 Cut-N-Tone Sandy	9:30 Pilates Elaine 12:10: Step Michelle 5:30 Core Fit: Beth 6:30 Yoga Judy	8:30 Cut-N-Tone Dan McDade 9:30 Power Pilates Karen	9:30 Pilates Elaine 12:10: Cur-N-Tone Karen 4:30 Cut-N-Tone Dan Mc. 5:30 Boot Camp: Dan Mc. 6:30 Power Yoga Judy	8:30: Step Fern 9:30 Core Fitness Dan Mc. 12:10 Yoga Judy	9:00 Kick Box Tawanda 10:00 Cut-N-Tone Tawanda	
22	9:30 Cut-N-Tone Sandy 12:10 Circuit Training Michelle <u>4:30</u> <u>Muscle Extreme 30</u> Beth 5:30 Cut-N-Tone Beth	9:30 Pilates Elaine 12:10: Step Michelle 5:30 Core Fit: Beth 6:30 Yoga Judy	8:30 Cut-N-Tone Dan McDade 9:30 Power Pilates Karen	9:30 Pilates Elaine 12:10: Cur-N-Tone Karen 4:30 Cut-N-Tone Dan Mc. 5:30 Boot Camp: Dan Mc. 6:30 Power Yoga Judy	8:30: Step Fern 9:30 Core Fitness Dan Mc. 12:10 Yoga Judy	9:00 Step Joanna 10:00 Cut-N-Tone Joanna	
29	9:30 Cut-N-Tone Sandy 12:10 Circuit Training Dan Mc. <u>4:30</u> <u>Muscle Extreme 30</u> Beth 5:30 Cut-N-Tone Beth	9:30 Pilates Elaine 12:10: Step Michelle 5:30 Core Fit: Beth 6:30 Yoga Judy	<b>Upstairs Aerobic Schedule</b>				