

January 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
New Year's Day Masters Class 1 12 – 1:30pm Sonny	Kidtown Camp 2 January 2 – 6 M Café Manager Drink Special Every Monday Enjoy a different drink each week!	Group Core 3 7 – 7:30pm Tiago	Wednesday Wine Down – M Café 4 Every Wednesday Enjoy \$2.00 off wine	RIPPED 5 9:30 – 10:30am Natalie	Ultimate Intervals 6 9:30 – 10:30am Christine	Zumba Marathon 7 11:15 – 1:15pm Dance your socks off with this Latin Dance class!
Group Power 8 10:30 – 11:30am Scott	Weight Loss Challenge 9 January 9 – February 18 M/W/F – 6:30pm Or M/W – 6:30pm and Sat – 8am	M Café Beer Special 10 Every Tuesday \$1.00 off Draught Beer	Aqua Motion 11 10 – 11am JC	M Café Beer Special 12 Every Thursday Enjoy 20% off bottled beers.	Family Zumba 13 6:30 – 7:30pm Erin P.	Group Power Kick Off 14 10 – 11am Join us for a new routine, new music, and a great workout!
Yoga 15 1 – 2pm Joan	Group Ride Kick Off 16 7 – 8pm Join us for a new routine, new music, and a great workout!	Group Kick Kick Off 17 6 – 7pm Join us for a new routine, new music, and a great workout!	Ab Blast 18 5:30 – 6pm Sonny	Group Centergy Kick Off 19 7 – 8pm Join us for a new routine, new music, and a great workout!	Jesters College Squash Teams Invitational 20 January 20 – 22 Join us for some great squash action! Group Core Kick Off 11:30 – 12pm	Big Bang Circuit Workout 21 9:30 – 10:30am Latretha
Group Step Kick Off 22 9:30 – 10:30am Join us for a new routine, new music, and a great workout!	HEAT 23 6 – 7pm Sonny	Vinyasa Yoga 24 6 – 7pm Rotating	Group Ride 25 12 – 1pm Mark	Pilates 26 12 – 1pm Allison	Aqua Motion 27 10 – 11am Karen	Cycling 28 9 – 9:45am Sonny
Zumba 29 11:30 – 12:30pm Erin P.	Biggest Mover 30 January 30 – February 26 Sign up for this 4 week competition that will get you moving!	Pilates 31 12 – 1pm Christine				