

# February 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Refer a new client to the Spa, and you both will receive 10% off your next service!</p>	<p>Kids Yoga Saturdays January 21–March 3 2:00-2:45pm Ages 7 - 13</p>		<p>Lose 5 Pounds In 5 Weeks <b>1</b></p>	<p>Winter Skin Rescue Demo Seminar 4:00-8:00pm</p> <p>Lose 5 Pounds In 5 Weeks</p> <p>Cycle Time Trials 6:15 – 7:15pm</p>	<p>Lose 5 Pounds In 5 Weeks <b>3</b></p> <p>Junior Fitness Ages 9-15 7:00-8:00pm</p>	<p>Adult Tennis Mixer Kids Quick Start Pizza &amp; Movie Fest 2:00-5:00pm Junior Fitness Ages 9-15 3:00-4:00pm Family Swim 4:00-6:00pm Lose 5 Pounds In 5 Weeks <b>4</b></p>
<p>Junior Fitness Ages 9-15 3:00-4:00pm</p> <p>Family Swim 4:00-6:00pm</p>	<p>Group Active Launch 2/6-2/12</p> <p>Lose 5 Pounds In 5 Weeks</p> <p>Am I Hungry 6:30-7:30pm</p>	<p>Lose 5 Pounds In 5 Weeks <b>7</b></p>	<p>Lose 5 Pounds In 5 Weeks <b>8</b></p>	<p>Lose 5 Pounds In 5 Weeks <b>9</b></p>	<p>Valentine Jewelry Show 9:00-2:00pm Karaoke Cycle 5:15-6:15pm Chocolate Tasting 6:30-8:00pm Junior Fitness Ages 9-15 7:00-8:00pm</p>	<p>Valentine Jewelry Show 9:00-2:00pm Indoor Club Flex Tennis Championships 2/11 – 2/12 Junior Fitness Ages 9-15 3:00-4:00pm Family Swim 4:00-6:00pm Lose 5 Pounds In 5 Weeks <b>11</b></p>
<p>Cycle Time Trials 9:25-10:25am Super Sunday Yoga 10:30-12:30pm Junior Fitness Ages 9-15 3:00-4:00pm Family Swim 4:00-6:00pm</p>	<p>Group Step Launch 2/13-2/19</p> <p>Lose 5 Pounds In 5 Weeks</p> <p>Am I Hungry 6:30-7:30pm</p>	<p>Lose 5 Pounds In 5 Weeks <b>14</b></p>	<p>Lose 5 Pounds In 5 Weeks <b>15</b></p>	<p>Lose 5 Pounds In 5 Weeks <b>16</b></p>	<p>Lose 5 Pounds In 5 Weeks <b>17</b></p> <p>Junior Fitness Ages 9-15 7:00-8:00pm</p>	<p>Cycle Endurance Ride 7:45-9:00am Pilates Jumpboard 8:00-9:00am, 9:15-10:15am or 11:45-12:45pm Junior Fitness Ages 9-15 3:00-4:00pm Family Swim 4:00-6:00pm Lose 5 Pounds In 5 Weeks <b>18</b></p>
<p>JDP Tournament 2:00-4:00pm Junior Fitness Ages 9-15 3:00-4:00pm Family Swim 4:00-6:00pm</p>	<p>Group Core Launch 2/20-2/26 Lose 5 Pounds In 5 Weeks Gym Jam Ages 3-5 10:15-11:00am Surf N' Turf Ages 6+ 10:00-12:00pm Am I Hungry 6:30-7:30pm</p>	<p>Group Exercise Mardi Gras Party</p> <p>Lose 5 Pounds In 5 Weeks</p>	<p>Lose 5 Pounds In 5 Weeks <b>22</b></p> <p>Junior Triathlon Training 6:30-7:30pm</p> <p>Powernet 6:30-8:00pm</p>	<p>Lose 5 Pounds In 5 Weeks <b>23</b></p>	<p>Zumba and Groove Dance Party 6:30-8:00pm Junior Triathlon Training 6:30-7:30pm Junior Fitness Ages 9-15 7:00-8:00pm Lose 5 Pounds In 5 Weeks <b>24</b></p>	<p>Junior Fitness Ages 9-15 3:00-4:00pm Family Swim 4:00-6:00pm Dodgeball Championship 6:00pm Junior Triathlon Training 6:30-7:30pm Lose 5 Pounds In 5 Weeks <b>25</b></p>
<p>Group Groove Launch 2/26 – 3/3 Kids' Tennis Carnival 12:00-2:00pm Junior Fitness Ages 9-15 3:00-4:00pm Junior Triathlon 4:00-6:00pm No Family Swim</p>	<p>Group Power Launch 2/27-3/4 Yamuna Body Rolling Trial Class 12:30-1:30pm Am I Hungry 6:30-7:30pm Lose 5 Pounds In 5 Weeks <b>27</b></p>	<p>Lose 5 Pounds In 5 Weeks <b>28</b></p> <p>Yamuna Body Rolling Trial Class 1:00-2:00pm</p>	<p>Lose 5 Pounds In 5 Weeks <b>29</b></p> <p>Yamuna Body Rolling Trial Classes 7:00-8:00am 4:45-5:45pm</p>	<p>Coming in March...</p> <p>"Ups for Downs Spins Midtown"</p> <p>Sunday, March 4 Contact Stacey Nowak for more information.</p>		