

February 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			M CAFÉ WINE SPECIAL 1 <i>Every Wednesday</i> \$2.00 off wine by the glass	H2Oh BABY! 2 <i>10 – 11am</i> You and your baby will love this challenging water workout. Sign up: Ohbabyfitness.com	ZUMBA 3 <i>10:30 – 11:30am</i> Natalie Studio A	M CAFÉ MIMOSA SPECIAL 4 <i>Every Saturday</i> Enjoy 20% off Mimosa's all day!
MIXED DRILL (4.0-4.5 USTA) 5 <i>10:30 – 12pm</i> Greg \$27	STROKE SCHOOL SWIM TEAM GROUP SWIM LESSONS 6 February Sessions of all three aquatics programs begin!	M CAFÉ BEER SPECIAL 7 <i>Every Tuesday</i> \$1.00 off draught beer	RIPPED 8 <i>7 – 8pm</i> Natalie Studio B	PILATES 9 <i>12 – 1pm</i> Allison Studio A	INT. DRILL (4.0-4.5 USTA) 10 <i>5:30 – 7pm</i> Dan \$27	VALENTINE'S POOL PARTY 11 <i>2 – 4pm</i> Join us for fun games in the pool! Members- \$5 Non-Members- \$10
M CAFÉ MIMOSA SPECIAL 12 <i>Every Sunday</i> Enjoy 20% off Mimosa's after 12pm.	HEAT 13 <i>6 – 7pm</i> Sonny Studio A	GROUP POWER 14 <i>6:15 – 7:15am</i> Maureen Studio B	MEN'S NIGHT OUT (4.0-4.5 USTA) 15 <i>7 – 8:30pm</i> Dan \$27	M CAFÉ BOTTLE BEER SPECIAL 16 <i>Every Thursday</i> \$2.00 bottle beers	NOON DRILL (3.5-4.0 USTA) 17 <i>12 – 1:30pm</i> Dan \$27	CYCLING 18 <i>9 – 9:45am</i> Sonny Studio C
YOGA 19 <i>1 – 2pm</i> Joan Studio A	M CAFÉ DRINK SPECIAL 20 <i>Every Monday</i> Enjoy our Manager's Special	DJ SPIN 21 <i>6 – 8pm</i> Join Adriana on the basketball court for a big cycling class with a DJ! Non-Members- \$5	SPORTS CIRCUIT 22 <i>6:30 – 7:30pm</i> Marcia 3 rd Floor	FIT & STRONG 23 <i>10:30 – 11:30am</i> Christine Studio B	2012 WARNER FAMILY SOUTHEASTERN REGIONAL SQUASH CHAMPIONSHIP 24 <i>Feb 24 - 26</i> Join us for great squash action!	WILLPOWER & GRACE MASTER CLASS 25 <i>12:15 – 1:15pm</i> Studio B Dynamic fusion infused with positive, philosophy
MIXED DRILL (4.0-4.5 USTA) 26 <i>10:30 – 12pm</i> Greg \$27	NOON DRILL (3.5-4.0 USTA) 27 <i>12 – 1:30pm</i> Greg \$27	GROUP CORE 28 <i>7 – 7:30pm</i> Tiago Studio B	INT. DRILL (3.0-3.5 USTA) 29 <i>9 – 10:30am</i> Andrew \$27			