

# January Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 11:30am Chair Yoga & Meditation w/ Candi	3 10am Hot Hula Fitness (Dance) w/ Melissa	4 10:30 am You Tube Sit & Fit
5	6 9am Functional Fitness 11:30 am Chair Yoga	7 No Class	8 9am Functional Fitness 10 am Open Gym Coaching/Ed ucation	9 11:30am Chair Yoga & Meditation w/ Candi	10 10am Hot Hula Fitness (Dance) w/ Melissa	11 10:30 am You Tube Sit & Fit
12	13 9am Functional Fitness 11:30 am Chair Yoga	14 No Class	15 9am Functional Fitness	16 11:30am Chair Yoga & Meditation w/ Candi	17 10am Hot Hula Fitness (Dance) w/ Melissa	18 10:30 am You Tube Sit & Fit
19	20 9 am Functional Fitness 11:30 am Chair Yoga	21 12:30 pm Silver Sneakers	22 8 am Open Gym Coaching/Ed ucation 9 am Functional Fitness	23 11:30am Chair Yoga & Meditation w/ Candi	24 10am Hot Hula Fitness (Dance) w/ Melissa	25 10:30 am You Tube Sit & Fit
26	27 9 am Functional Fitness 11:30 am Chair Yoga	28 12:30 pm Zumba Gold	29 9 am Functional Fitness	30 11:30am Chair Yoga & Meditation w/ Candi	31	