

# January 2018

HAPPY NEW YEAR!  
 FITNESS, DANCE AND EXERCISE SCHEDULE  
 (SUBJECT TO CHANGE WITHOUT NOTICE)

January 2018							February 2018						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
7	1	2	3	4	5	6	4	5	6	7	1	2	3
14	8	9	10	11	12	13	11	12	13	14	15	16	17
21	15	16	17	18	19	20	18	19	20	21	22	23	24
28	22	23	24	25	26	27	25	26	27	28			

	Monday	Tuesday	Wednesday	Thursday	Friday
Jan 1 - 5	<b>Jan 1, 18</b> Municipal Offices & Senior Center Closed New Year's Day	<b>2</b> 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	<b>3</b> 9:00am Pump it Up w/Maria 1:00pm Total Body Solution w/Suzanne	<b>4</b> 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	<b>5</b> 9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
	<b>8</b> 9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	<b>9</b> 9:30am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	<b>10</b> 9:00am Pump it Up w/Maria 1:00pm Total Body Solution w/Suzanne	<b>11</b> 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	<b>12</b> 9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
Jan 8 - 12	<b>15</b> Martin Luther King Jr. Day Municipal Offices & Senior Center Closed	<b>16</b> 9:30am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	<b>17</b> 9:00am Pump it Up w/Maria 1:00pm Total Body Solution w/Suzanne	<b>18</b> 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	<b>19</b> 9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
	<b>22</b> 9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	<b>23</b> 9:30am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	<b>24</b> 9:00am Pump it Up w/Maria 1:00pm Total Body Solution w/Suzanne	<b>25</b> 9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	<b>26</b> 9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
Jan 15 - 19	<b>29</b> 9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	<b>30</b> 9:30am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa 1:00pm Zumba Gold w/Suzanne	<b>31</b> 9:00am Pump it Up w/Maria 1:00pm Total Body Solution w/Suzanne	<b>Feb 1</b>	<b>2</b>
	<b>MARTIN LUTHER KING JR. DAY - 01/15</b>				
Jan 22 - 26					
Jan 29 - Feb 2					