

January 2010

FITNESS DROP - IN SCHEDULE


TIME	ROOM	 				Friday 01
12:10 - 12:50 pm 12:10 - 12:50 pm	Studio Gym					No Class today
1:30 - 2:30 pm	Studio					

TIME	ROOM	Monday 04	Tuesday 05	Wednesday 06	Thursday 07	Friday 08
12:10 - 12:50 pm 12:10 - 12:50 pm	Studio Gym	Butts & Balls - Gwen	Sweat + Strength- Deb jazzercise Express- Andrea	Step - Colleen	jazzercise Express- Andrea	Step - Dorothy
1:30 - 2:30 pm	Studio					

TIME	ROOM	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
12:10 - 12:50 pm 12:10 - 12:50 pm	Studio Gym	Butts & Balls - Gwen	Sweat + Strength- Deb jazzercise Express- Andrea	Step - Colleen	One Minute Fat Burner Roselle	Step -Dorothy
1:30 - 2:30 pm	Studio	Strength & Conditioning for Older Adults		Yoga Stretch for Older Adults		

TIME	ROOM	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
12:10 - 12:50 pm 12:10 - 12:50 pm	Studio Gym	Butts & Balls - Gwen	jazzercise Express- Andrea	Step -Dorothy	One Minute Fat Burner Roselle	Step -Dorothy
1:30 - 2:30 pm	Studio	Strength & Conditioning for Older Adults		Yoga Stretch for Older Adults		

TIME	ROOM	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
12:10 - 12:50 pm 12:10 - 12:50 pm	Studio Gym	Butts & Balls - Gwen	jazzercise Express- Andrea	Step - Colleen	One Minute Fat Burner Roselle	jazzercise Express- Andrea
1:30 - 2:30 pm	Studio	Strength & Conditioning for Older Adults		Yoga Stretch for Older Adults		

9:00 am - 10:00 am	Gym					jazzercise classes every Saturday morning 9:00 am - 10:00 am
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