

RED = Exercise Options

BLUE = Education

# JANUARY 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Food Logging helps you to understand and shape eating; Find an app and get on track!	2 Pick from 7 amazing classes today SEMINAR #1 6 pm Solve the Puzzle of Eating	3 *NEW 6 PM CLASS* Fit Mix -- The Ultimate Fat Burn	4 BEGINNERS YOGA FLOW 11 a.m. SEMINAR #1 12 pm Solve the Puzzle of Eating	5 11 a.m. ORIENTATION Learn the essentials to work out independently!	6 Line Dancing is BACK!!! We welcome all BEGINNERS at 10 a.m.	7 IGNITE YOGA 10:30 Hands on guidance for up to 6 guests per session
8 Target 150 mins/wk of moderate exercise	9 Love to Dance? Zumba Toning 9 am SEMINAR #2 6 pm Goal Setting & Habit Forming	10 Try GROUP BLAST 9 a.m. Cardio and Strength in one action-packed hour	11 BEGINNERS STRENGTH CLASS 10:00 am SEMINAR #2 12 pm Goal Setting & Habit Forming	12 We have 5 favorite food plans. Ask at the FRONT COUNTER	13 Did you know you can try a BOOT CAMP for free?	14 SUPER SATURDAY STEP!!!! XTREME HIP HOP with ADRIENNE 10:00
15 Our Outdoor Training Zone is a breath of fresh air!	16 Relax tonight with Yoga at 6:45 SEMINAR #3 6 pm Make a Plan--Reps & Weights	17 TRX available today, Mondays & Saturdays	18 Hump Day-Pump Day SEMINAR #3 12 pm Make a Plan--Reps & Weights	19 BEGINNERS BLAST CLASS 9 a.m. Warning! It's addictive!	20 Bend, don't break with Yoga by Janet 8:30 a.m.	21 BEGINNERS ZUMBA 10 BEGINNERS PILATES 11
22 Read food labels and aim for 50g or less of sugar per day.	23 Gentle (Chair) Yoga 11:00 am SEMINAR #4 6 pm Body Composition Analysis	24 Buddy Workouts provide encouragement and accountability. Today is FREE GUEST DAY.	25 Pilates 5:30 p.m. healthy alignment! healthy movement! SEMINAR #4 12 pm Body Composition Analysis	26 XTREME HIP-HOP with Adrienne at 6 p.m.	27 We have Silver Sneakers every weekday Strength, Balance and Functional Movement by awesome instructors!	28 Don't sit on SATurday. Zumba Fitness 8 a.m.
29 We recommend strength training twice a week	30 Empower yourself with ORIENTATION 5:30 p.m.	31 You didn't come this far just to go this far. See you in February!				