



February 2012 Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i> Arthritis Class 12:00p-1:00p <hr/> Core n' More (adv) 5:00p-6:00p	<i>2</i> Joints in Motion 12:00p -1:00p	<i>3</i>	<i>4</i>
<i>5</i>	<i>6</i> Arthritis Class 12:00p-1:00p <hr/> Core n' More (beg) 12:15p-1:15p	<i>7</i> Joints in Motion 12:00p -1:00p	<i>8</i> Arthritis Class 12:00p-1:00p <hr/> Core n' More (adv) 5:00p-6:00p	<i>9</i> Joints in Motion 12:00p -1:00p	<i>10</i>	<i>11</i>
<i>12</i>	<i>13</i> Arthritis Class 12:00p-1:00p <hr/> Core n' More (beg) 12:15p-1:15p	<i>14</i> Joints in Motion 12:00p -1:00p	<i>15</i> Arthritis Class 12:00p-1:00p <hr/> Core n' More (adv) 5:00p-6:00p	<i>16</i> Joints in Motion 12:00p -1:00p	<i>17</i>	<i>18</i>
<i>19</i>	<i>20</i> Arthritis Class 12:00p-1:00p <hr/> Core n' More (beg) 12:15p-1:15p	<i>21</i> Joints in Motion 12:00p -1:00p	<i>22</i> Arthritis Class 12:00p-1:00p <hr/> Core n' More (adv) 5:00p-6:00p	<i>23</i> Joints in Motion 12:00p -1:00p	<i>24</i>	<i>25</i>
<i>26</i>	<i>27</i> Arthritis Class 12:00p-1:00p <hr/> Core n' More (beg) 12:15p-1:15p	<i>28</i> Joints in Motion 12:00p -1:00p	<i>29</i> Arthritis Class 12:00p-1:00p <hr/> Core n' More (adv) 5:00p-6:00p			

Circuit Training Programs: Monday/Wednesday/ Friday Mornings 6:30a-7:00a
 Tuesday/Thursday Evenings 5:30p-6:30p



March 2012 Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Joints in Motion-L2 12:00p -1:00p	2 Joints in Motion(L1) 12:00p -1:00p	3
4	5 Core n' More (beg) 12:15p-1:15p	6 Joints in Motion(L2) 12:00p -1:00p	7 Joints in Motion(L1) 12:00p -1:00p <hr/> Core n' More (adv) 5:00p-6:00p	8 Joints in Motion(L2) 12:00p -1:00p	9 Joints in Motion(L1) 12:00p -1:00p	10
11	12 Core n' More (beg) 12:15p-1:15p	13 Joints in Motion(L2) 12:00p -1:00p	14 Joints in Motion(L1) 12:00p -1:00p <hr/> Core n' More (adv) 5:00p-6:00p	15 Joints in Motion(L2) 12:00p -1:00p	16 Joints in Motion(L1) 12:00p -1:00p	17
18	19 Core n' More (beg) 12:15p-1:15p	20 Joints in Motion(L2) 12:00p -1:00p	21 Joints in Motion(L1) 12:00p -1:00p <hr/> Core n' More (adv) 5:00p-6:00p	22 Joints in Motion(L2) 12:00p -1:00p	23 Joints in Motion(L1) 12:00p -1:00p	24
25	26 Core n' More (beg) 12:15p-1:15p	27 Joints in Motion(L2) 12:00p -1:00p	28 Joints in Motion(L1) 12:00p -1:00p <hr/> Core n' More (adv) 5:00p-6:00p	29 Joints in Motion(L2) 12:00p -1:00p	30 Joints in Motion(L1) 12:00p -1:00p	31

Circuit Training Programs: Monday/Wednesday/ Friday Mornings 6:30a-7:00a
 Tuesday/Thursday Evenings 5:30p-6:30p