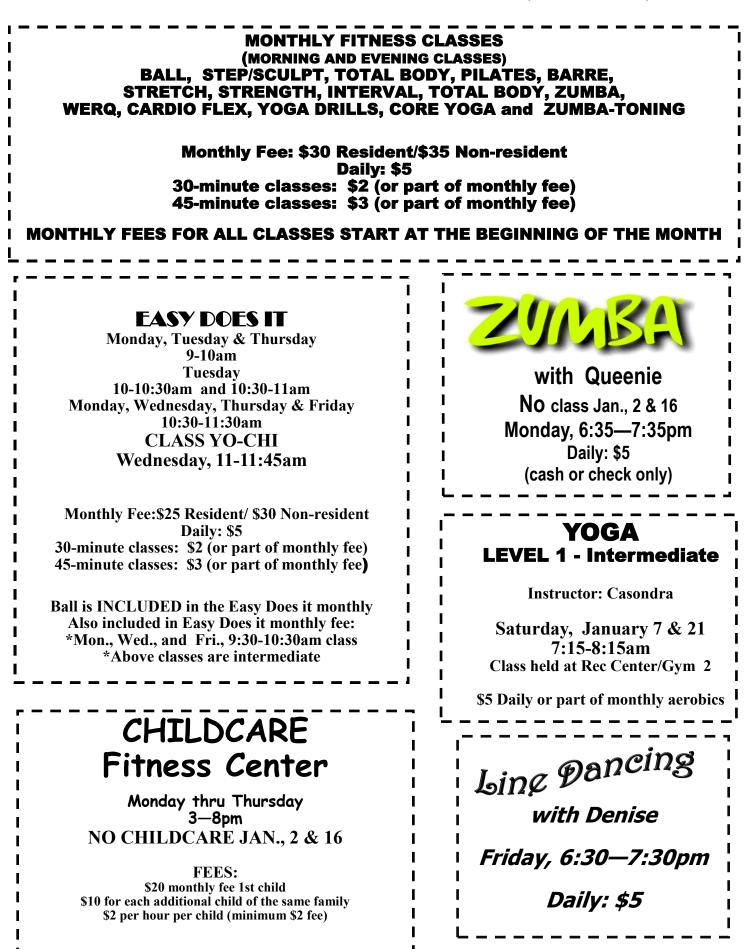
JANUARY Fitness Class Fees No fitness classes or child care on Jan., 2 and Jan., 16



January 2023 FITNESS CLASSES (ACTIVITY CENTER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
e a a a a a a a a a a a a a a a a a a a	STRENGTH 6-7am		STRENGTH 6-7am	STRENGTH & STRETCH 6-7am	YOGA Jan., 7 & 21 7:15-8:15am Rec Center Gym 2
EA\$Y DOE\$ IT MAT/CHAIR 9-10am	EA\$Y DOE\$ IT FIT PARTY 9-10am		EA\$Y DOE\$ IT STRENGTH 9-10am		
STEP/ SCULPT 9:30-10:30am	BALL 10-10:30am	TOTAL BODY 9:30-10:30am		INTERVAL 9:30-10:30am	
EA\$Y DOE\$ IT HI-LO 10:35-11:35am	EA\$Y DOE\$ IT BALANCE 10:35-11:05am	EA\$Y DOE\$ IT STRENGTH 10:35-11:35am EA\$Y DOE\$ IT YD/CHI (Yoga/TaiChi) 11-11:45am	EA\$Y DOE\$ IT ZUMBA GOLD 10:35-11:35am	EA\$Y DOE\$ IT BALANCE/TONE 10:35-11:35am	
STEP/ WEIGHTS 5:30-6:30pm					
CORE 6-6:30pm	YOGA DRILLS 6-6:45pm	STRENGTH 6-6:30pm	BARRE 5:45-6:30pm		
BARRE 6:30-7:15pm		STRETCH 6:30-7pm			
*ZUMBA W/ Queenie 6:30-7:30pm	ZUMBA 6-7pm PILATES 6:45-7:30pm	WERQ 6:30-7:30pm		LINE DANCE 6:30-7:30pm	FEES ON BACK *Daily fee per class