

# JANUARY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		2 <b>BC</b> Yoga SCR 10am SilverStrength 10am Cindi Zumba 5pm	3 <b>Fit Row 5:45am</b> Gentle Yoga 4:30pm Vinyasa Yoga 5:30pm JRow 6:30pm	4 <b>BC</b> SilverStrength 10am Strength 4:15pm Jenn Zumba 5pm JRow 6:30pm	5 <b>Yoga 10am</b> JRow 5pm	6
7	8 <b>BC</b> <u>Tai Ji Quan 9am</u> Yoga 10am	9 <b>BC</b> SilverStrength 10am Cindi Zumba 5pm	10 <u>Tai Ji Quan 9am</u> Gentle Yoga 4pm JRow 6:30pm	11 <b>BC</b> SilverStrength 10am Strength 4:15pm Jenn Zumba 5pm JRow 6:30pm	12 <b>Yoga 10am</b> JRow 5pm	
	15 <b>BC</b> <u>Tai Ji Quan 9am</u> Yoga 10am JRow 6:30pm <u>Martin Luther King Jr.</u> Day	16 <b>BC</b> SilverStrength 10am Strength 4:15pm Jenn Zumba 5pm	17 <b>Fit Row 5:45am</b> <u>Tai Ji Quan 9am</u> Gentle Yoga 4pm JRow 6:30pm	18 <b>BC</b> SilverStrength 10am Cindi Zumba 5pm	19 Fit Row 5:45am Yoga 10am JRow 5pm	20
21	22 <b>BC</b> <u>Tai Ji Quan 9am</u> Yoga 10am JRow 6:30pm	23 <b>BC</b> SilverStrength 10am Cindi Zumba 5pm	24 <b>Fit Row 5:45am</b> <u>Tai Ji Quan 9am</u> Gentle Yoga 4pm JRow 6:30pm	25 <b>BC</b> SilverStrength 10am Strength 4:15pm Jenn Zumba 5pm	26 Fit Row 5:45am Yoga 10am JRow 5pm	27
	29 <b>BC</b> <u>Tai Ji Quan 9am</u> Yoga 10am JRow 6:30pm	30 <b>BC</b> SilverStrength 10am Cindi Zumba 5pm	31 <b>Fit Row 5:45am</b> <u>Tai Ji Quan 10am</u> Gentle Yoga 4pm JRow 6:30pm		Please be aware of time, and/or schedule changes.	<b><u>507-831-</u></b>  <b><u>0672</u></b>