January

Windom Area HEALTH & FITNESS

FEEL Awesome
LIVE HEALTHY. BE WELL.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Questions? **Contact us at** **507-831-0672**		*1* 	*2* **Fit Row 5:45A** **Gentle Yoga 4:30P** **Power Row 5:45P**	*3* **Boot Camp 6A** **S. Sneakers 10A** **Strength 4:15P** **Fit Mash-Up 5P**	*4* **Fit Row 5:45A** **Open Yoga 10A** **Power Row 5P**	*5*
6	*7* **Boot Camp 6A** **WIM 6:15A** **Open Yoga 10A** **Power Row 5:45P**	*8* **Boot Camp 6A** **S. Sneakers 10A** **Zumba 5P**	*9* **Fit Row 5:45A** **WIM 6:15A** **Gentle Yoga 4:30P** **Power Row 5:45P** **TKD 6:45P**	*10* **Boot Camp 6A** **S. Sneakers 10A** **Strength 4:15P** **Fit Mash-Up 5P** **TKD 6:15P**	*11* **Fit Row 5:45A** **Open Yoga 10A** **Power Row 5P**	*12*
13	*14* **Boot Camp 6A** **WIM 6:15A** **Gentle Yoga 4:15P**	*15* **Boot Camp 6A** ***WIM 6A*** **S. Sneakers 10A** **Zumba 5P**	*16* **Fit Row 5:45A** **WIM 6:15A** **Open Yoga 10A** **Power Row 5:45P** **TKD 6:45P**	*17* **Boot Camp 6A** ***WIM 6A*** **S. Sneakers 10A** **Strength 4:15P** **Fit Mash-Up 5P** **TKD 6:15P**	*18* **Fit Row 5:45A** **Open Yoga 10A** **Power Row 5P**	*19*
20	*21* **Boot Camp 6A** **WIM 6:15A** **Gentle Yoga 4:15P** **Power Row 5:15P**	*22* **Boot Camp 6A** ***WIM 6A*** **S. Sneakers 10A** **Zumba 5P**	*23* **Fit Row 5:45A** **WIM 6:15A** **Open Yoga 10A** **Power Row 5:45P** **TKD 6:45P**	*24* **Boot Camp 6A** ***WIM 6A*** **S. Sneakers 10A** **Strength 4:15P** **Fit Mash-Up 5P** **TKD 6:15P**	*25* **Fit Row 5:45A** **Open Yoga 10A** **Power Row 5P**	*26*
27	*28* **Boot Camp 6A** **WIM 6:15A** **Gentle Yoga 4:15P** **Power Row 5:15P**	*29* **Boot Camp 6A** ***WIM 6A*** **S. Sneakers 10A** **Zumba 5P**	*30* **Fit Row 5:45A** **WIM 6:15A** **Open Yoga 10A** **Power Row 5:45P** **TKD 6:45P**	*31* **Boot Camp 6A** ***WIM 6A*** **S. Sneakers 10A** **Strength 4:15P** **Fit Mash-Up 5P** **TKD 6:15P**	**Silver Sneakers class open to everyone. Non-Silver Sneakers members must pay 25 cents per class.**	***Note: Italicized classes subject to change***