

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Happy New Year!	2
3	4 <i>Step 9:15</i> Jill	5 <i>Independent Walk and Strength</i> Functional Fitness 9:15 - Freda	6 <i>Kickboxing 9:15</i> Heather	7 <i>Abs & Sculpt 9:15</i> Ann Functional Fitness 9:15 - Freda	8 <i>Cardio 9:15</i> Jill	9
10	11 <i>Step 9:15</i> Ann	12 <i>Independent Walk and Strength</i> Functional Fitness 9:15 - Freda	13 <i>Circuit 9:15</i> Jill	14 <i>Step Interval 9:15</i> Heather Functional Fitness 9:15 - Freda	15 <i>Cardio 9:15</i> Jill	16
17	18 Party at Heather's	19 <i>Independent Walk and Strength</i> Functional Fitness 9:15 - Freda	20 <i>Kickboxing 9:15</i> Jill	21 <i>Abs & Sculpt 9:15</i> Ann Functional Fitness 9:15 - Freda	22 <i>Cardio 9:15</i> Heather	23
24	25 <i>Step 9:15</i> Ann	26 <i>Independent Walk and Strength</i> Functional Fitness 9:15 - Freda	27 <i>Circuit 9:15</i> Heather	28 <i>Stability Ball 9:15</i> Ann Functional Fitness 9:15 - Freda	29 <i>Cardio 9:15</i> Heather	30
31						

Keep it coming in 2010!