

JANUARY 2018

Mon	Tue	Wed	Thu	Fri	
1	2	3	4	5	INSTRUCTORS: (SEE BELOW) Cathy Kumar Registered Yoga Teacher Yoga Alliance/ M.S. in Health & Wellness Promotion
GYM IS CLOSED FOR NEW YEARS DAY!! NO CLASSES!!	Yoga 9:30a-10:30a Instructor: Tabby <u>Y12SR IS CANCELLED!!</u>	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby	TBC 9:30a-10:30a Instructor: Tabby	
8	9	10	11	12	
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby Y12SR: Yoga 12 Step Recovery 5:30-7:00p Instructor: Cathy	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby	TBC 9:30a-10:30a Instructor: Tabby	
15	16	17	18	19	
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby Y12SR: Yoga 12 Step Recovery 5:30-7:00p Instructor: Cathy	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby	TBC 9:30a-10:30a Instructor: Tabby	
22	23	24	25	26	
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29	30	31			
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INSTRUCTORS:
(SEE BELOW)

Cathy Kumar
Registered Yoga Teacher Yoga Alliance/ M.S. in Health & Wellness Promotion

Tabby Horvath
ACE Certified Group Fitness Instructor /M.S. Human Wellness