

JANUARY 2019

Mon	Tue	Wed	Thu	Fri	
	1	2	3	4	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
	NEW YEARS DAY! GYM IS CLOSED!!	Total Body in Ten (A TEN EXERCISE CIRCUIT HITTING ALL MAJOR MUSCLE GROUPS) 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby	TBC: TOTAL BODY CONDITIONING 9:30a-10:30a Instructor: Tabby	
7	8	9	10	11	
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby Y12SR: 5:30-7:00p Instructor: Cathy	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby	TBC: TOTAL BODY CONDITIONING 9:30a-10:30a Instructor: Tabby	
14	15	16	17	18	
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby Y12SR: 5:30-7:00p Instructor: Cathy	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby	TBC: TOTAL BODY CONDITIONING 9:30a-10:30a Instructor: Tabby	
21	22	23	24	25	
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby Y12SR: 5:30-7:00p Instructor: Cathy	CLASSES CANCELLED!!!	Yoga 9:30a-10:30a Instructor: Tabby	TBC: TOTAL BODY CONDITIONING 9:30a-10:30a Instructor: Tabby	
28	29	30	31		
Kickboxing 9:30a-10:30a Instructor: Tabby Yoga 5:30p-7:00p Instructor: Cathy	Yoga 9:30a-10:30a Instructor: Tabby Y12SR: 5:30-7:00p Instructor: Cathy	Total Body in Ten 9:30a-10:15a Instructor: Tabby	Yoga 9:30a-10:30a Instructor: Tabby		