

# January Group FITNESS

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
8 <u>Cardio Blast &amp; Core</u> <b>DEB</b>	8 <u>Yoga Flow</u> 75 Min <b>Deb</b>	8 <u>Sculpt</u> <b>Deb</b>	8 <u>YOGA FLOW</u> 75 min <b>Deb</b>	8 <u>Cardio Blast &amp; Core</u> <b>Deb</b>	<b>*NEW*</b>
9 <u>Sculpt</u> <b>DEB</b>	10 <u>Connect</u> Balance, Posture & Core <b>Erin</b>	9 <u>Yoga Basics</u> <b>Deb</b>	10 <u>ZUMBA</u> <b>ERIN</b>	9 <u>SCULPT</u> <b>Deb</b>	9 <u>YOGA</u> (75 min) <b>DEB</b>
10 <u>ZUMBA</u> <b>ERIN</b> Sign up ONLY!		12:30 <u>WATER</u> Aerobics <b>Deb</b>	4 <u>Yogagenics</u> <b>Kathleen</b>		Find time to Breathe & Balance LIFE....
<u>NEW</u> 4pm <u>Simply Stretch</u> <b>DEB</b>	4 <u>Yogagenics</u> <b>Kathleen</b>				

**Its Officially that time to *Rock* Season! Lets make 2012 the BEST year ever in your Life with Health & Fitness! Its never too late to get started! We added new classes to help achieve that goal! New Evening Dance Class sign up for Jan. 1/11 General Line Dancing & 1/25 Salsa Both 5pm Wed.**

**ZUMBA is sign up ONLY! Weekend YOGA..... Pay per month for \$5 a class OR Drop in \$7**

**Instructors:** [Deb Sotis](mailto:dls1959@aol.com) 239-860-7506 dls1959@aol.com

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[Erin Dunbar](mailto:erin@moondanceproductions.com) 239 839-0566 erin@moondanceproductions.com

- Please contact *Laura*, Fitness Director for sign-up, questions or class description.  
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