

















ADULT GROUP FITNESS

JANUARY 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 New Year's Day
2	3 AB-BUSTER BOXOUT	4  	5 AB-BUSTER BOXOUT	6 	7 	8
9	10 AB-BUSTER BOXOUT	11  	12 AB-BUSTER BOXOUT	13 	14 	15
16	17 ML King Day AB-BUSTER BOXOUT	18  	19 AB-BUSTER BOXOUT	20 	21 	22
23	24 AB-BUSTER BOXOUT	25  	26 AB-BUSTER BOXOUT	27 	28 	29
30	31 AB-BUSTER BOXOUT					

BOXOUT

6:30 - 7:30 pm every Monday & Wednesday - Free to members, \$10 non-member charge



6:30 - 7:30 pm every Tuesday & Friday - Free to members, \$10 non-member charge



5:30 - 6:15 pm every Tuesday & Thursday - Free to members, \$10 non-member charge

AB-BUSTER

6:00 - 6:30 pm every Monday & Wednesday- \$5 per class to members, \$10 non-member charge. (class needs 7 registrants to run)

* Please sign up for classes at the front desk. All participants must be 16 years of age or older.