

You're Invited to Participate!

 REGISTER UP UNTIL 5 FEB 

Register • Schedule PreAssessment • Take Classes Shown 1 Feb through 31 Mar • Schedule PostAssessment • Enjoy the New You!

February 2010

2010 New Year! New You! Education & Fitness for Healthier Lifestyles

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pre-assessment with Personal Trainer by appointment only: Contact 228-6374 or 228-6429 to schedule yours!	1 1700 Physical Fitness/Injury Prevention Brief 1730 Class: 20/20/20	2 1030 Physical Fitness/Injury Prevention Brief 1100 Class: Power 30	3 1700 Hydration Brief 1730: TRX or 1830: Belly Dancing	4 1030 Hydration Brief 1100 Class: Power 30	5 1300: Personal Trainer 101	6 0900: YOGA
7	8 1700 Nutrition Brief 1730 Class: 20/20/20	9 1030 Nutrition Brief 1100 Class: Power 30	10 1700 Alcohol/Tobacco Brief 1730: TRX or 1830: Belly Dancing	11 1030 Alcohol/Tobacco Brief 1100 Class: Power 30	12 1300: Personal Trainer 101	13 0900: YOGA
14	15 Closed for Holiday	16 Closed for Holiday	17 1700 Skin Care Brief 1730: TRX or 1830: Belly Dancing	18 1030 Skin Care Brief 1100 Class: Power 30	19 1300: Personal Trainer 101	20 0900: YOGA
21	22 1700 Mid-Point Reassessments W/ Personal Trainers 1730 Class: 20/20/20	23 1030 Mid-Point Reassessments W/ Personal Trainers 1100 Class: Power 30	24 1700 Stress Mgmt/ Hypertension 1730: TRX or 1830: Belly Dancing	25 1030 Stress Mgmt/ Hypertension 1100 Class: Power 30	26 1300: Personal Trainer 101	27 0900: YOGA
28	Please consult with your physician before beginning any exercise program!					



March 2010

2010 New Year! New You! Education & Fitness for Healthier Lifestyles

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 1730 Class: 20/20/20	2 1100 Class: Power 30	3 1730: TRX or 1830: Belly Dancing	4 1100 Class: Power 30	5 1300: Personal Trainer 101	6 0900: YOGA
7	8 1730 Class: 20/20/20	9 1100 Class: Power 30	10 1730: TRX or 1830: Belly Dancing	11 1100 Class: Power 30	12 1300: Personal Trainer 101	13 0900: YOGA
14	15 1730 Class: 20/20/20	16 1100 Class: Power 30	17 1730: TRX or 1830: Belly Dancing	18 1100 Class: Power 30	19 1300: Personal Trainer 101	20 0900: YOGA
21	22 1730 Class: 20/20/20	23 1100 Class: Power 30	24 1730: TRX or 1830: Belly Dancing	25 1100 Class: Power 30	26 1300: Personal Trainer 101	27 0900: YOGA
28	29 1700 Final Assessments W/ Personal Trainers 1730 Class: 20/20/20	30 1030 Final Assessments W/ Personal Trainers 1100 Class: Power 30	31 1730: TRX or 1830: Belly Dancing	Please consult with your physician before beginning any exercise program!		

FOR MORE INFORMATION, CALL 228-7092 OR 228-7010