


Monday	Tuesday	Wednesday	Thursday	Friday
	1 Happy New Year!	2 7:30am Aqua Toning & Balance(V) 8:45am Aqua Toning & Balance(V) 10am-Aqua Toning & Balance(V) 12:00-1:00—Office Hours(C) 1pm Sit and Be Fit(C) 1:30pm-3pm—Billiards(V)	3 9am-Morning Mile(C) 10am—Fitness Center Group Strength Training(V) 1pm Circuit Training(C) 2pm Strength and Range of Motion with Cathy (C) 2:45 Indoor Golf in Westmont	4 7:30am Aqua Toning & Balance(V) 8:45am Aqua Toning & Balance(V) 10am-Aqua Toning & Balance (V)
7 7:30am Aqua Toning & Balance(V) 8:45am-Aqua Toning & Balance (V) 10am-Aqua Toning & Balance (V) 12:00-1:00 Office Hours(C) 1pm Sit and Be Fit(C) 2 pm Stretch and Balance with Cathy(C)	8 8 am—Water Yoga with Tresa(C) 10am—Fitness Center Group Strength Training(V) 1:00- Circuit Training (C) 2pm – Pool Exercise(C) 2pm Strength and Range of Motion with Cathy (C) 5:30pm – Duckpin Bowling at Zips	9 7:30am Aqua Toning & Balance(V) 8:45am Aqua Toning & Balance(V) 10am-Aqua Toning & Balance(V) 12:00-1:00—Office Hours(C) 1pm Sit and Be Fit(C) 1:30pm-3pm—Billiards(V)	10 9am-Morning Mile(C) 10am—Fitness Center Group Strength Training(V) 1pm Circuit Training(C) 2pm Strength and Range of Motion with Cathy (C) 2:45 Indoor Golf in Westmont	11 7:30am Aqua Toning & Balance(V) 8:45am Aqua Toning & Balance(V) 10am-Aqua Toning & Balance (V)
14 7:30am Aqua Toning & Balance(V) 8:45am-Aqua Toning & Balance (V) 10am-Aqua Toning & Balance (V) 12:00-1:00 Office Hours(C) 1pm Sit and Be Fit(C) 2 pm Stretch and Balance with Cathy(C)	15 8 am—Water Yoga with Tresa(C) 10am—Fitness Center Group Strength Training(V) 1:00- Circuit Training (C) 2pm – Pool Exercise(C) 2pm Strength and Range of Motion with Cathy (C) 5:30pm – Duckpin Bowling at Zips	16 7:30am Aqua Toning & Balance(V) 8:45am Aqua Toning & Balance(V) 10am-Aqua Toning & Balance(V) 12:00-1:00—Office Hours(C) 1pm Sit and Be Fit(C) 1:30pm-3pm—Billiards(V)	17 9am-Morning Mile(C) 10am—Fitness Center Group Strength Training(V) 1pm Circuit Training(C) 2pm Strength and Range of Motion with Cathy (C) 2:45 Indoor Golf in Westmont	18 7:30am Aqua Toning & Balance(V) 8:45am Aqua Toning & Balance(V) 10am-Aqua Toning & Balance (V)
21 7:30am Aqua Toning & Balance(V) 8:45am-Aqua Toning & Balance (V) 10am-Aqua Toning & Balance (V) 12:00-1:00 Office Hours(C) 1pm Sit and Be Fit(C) 2 pm Stretch and Balance with Cathy(C)	22 8 am—Water Yoga with Tresa(C) 10am—Fitness Center Group Strength Training(V) 1:00- Circuit Training (C) 2pm – Pool Exercise(C) 2pm Strength and Range of Motion with Cathy (C) 5:30pm – Duckpin Bowling at Zips	23 7:30am Aqua Toning & Balance(V) 8:45am Aqua Toning & Balance(V) 10am-Aqua Toning & Balance(V) 12:00-1:00—Office Hours(C) 1pm Sit and Be Fit(C) 1:30pm-3pm—Billiards(V)	24 9am-Morning Mile(C) 10am—Fitness Center Group Strength Training(V) 1pm Circuit Training(C) 2pm Strength and Range of Motion with Cathy (C) 2:45 Indoor Golf in Westmont	25 7:30am Aqua Toning & Balance(V) 8:45am Aqua Toning & Balance(V) 10am-Aqua Toning & Balance (V)
28 7:30am Aqua Toning & Balance(V) 8:45am-Aqua Toning & Balance (V) 10am-Aqua Toning & Balance (V) 12:00-1:00 Office Hours(C) 1pm Sit and Be Fit(C) 2 pm Stretch and Balance with Cathy(C)	29 8 am—Water Yoga with Tresa(C) 10am—Fitness Center Group Strength Training(V) 1:00- Circuit Training (C) 2pm – Pool Exercise(C) 2pm Strength and Range of Motion with Cathy (C) 5:30pm – Duckpin Bowling at Zips	30 7:30am Aqua Toning & Balance(V) 8:45am Aqua Toning & Balance(V) 10am-Aqua Toning & Balance(V) 12:00-1:00—Office Hours(C) 1pm Sit and Be Fit(C) 1:30pm-3pm—Billiards(V)	31 9am-Morning Mile(C) 10am—Fitness Center Group Strength Training(V) 1pm Circuit Training(C) 2pm Strength and Range of Motion with Cathy (C) 2:45 Indoor Golf in Westmont	