



January 2012 - GROUP FITNESS SCHEDULE

CLASS STICKERS WILL BE HANDED OUT 15 MINUTES PRIOR TO CLASS

Schedules also available on-line at ci.lapeer.mi.us/pr_aerobics.htm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Happy New Year!	9A Yogalates 10A Zumba	9:30A Winter Workout 5:30P Yoga 7P Guts& Butts	9A Yogalates 10A Zumba 6:15P Zumba 7:15P Zumba Toning	9:30A Winter Workout 7 pm Guts/Butts	9 :30A Core & More	Winter Registration 10AM NO CLASS
8	9	10	11	12	13	14
7P Zumba <i>(learning class- to add spice to your moves)</i>	9A Yogalates 10A Zumba	9:30A Winter Workout 5:30P Yoga 7P Guts& Butts	9A Yogalates 10A Zumba 6:15P Zumba 7:15P Zumba Toning	9:30A Winter Workout 7 pm Guts/Butts	9:30A Core & More	9:30A Zumba Toning
15	16	17	18	19	20	21
7P Zumba <i>(learning class- to add spice to your moves)</i>	9A Yogalates 10A Zumba	9:30A Winter Workout 5:30P Yoga 7P Guts& Butts	9A Yogalates 10A Zumba 6:15P Zumba 7:15P Zumba Toning	10A Winter Workout 7 pm Guts/Butts	9:30A Core & More	NO CLASS
22	23	24	25	26	27	28
7P Zumba <i>(learning class- to add spice to your moves)</i>	9A Yogalates 10A Zumba	9:30A Winter Workout 5:30P Yoga 7P Guts& Butts	9A Yogalates 10A Zumba 6:15P Zumba 7:15P Zumba Toning	9:30A Winter Workout 7 pm Guts/Butts	9 :30A Core &More	9:30A Zumba Toning
29	30	31				
7P Zumba <i>(learning class- to add spice to your moves)</i>	9A Yogalates 10A Zumba	9:30A Winter Workout 5:30P Yoga 7P Guts& Butts				

PLEASE NOTE CLASS LIMITS:

Zumba Toning ~ limit of 24

Yoga ~ limit of 18

Drop-In

Fee:

\$6



WATCH FOR WINTER PROMOTIONS

Jan~Feb~Mar ~ "Bring-a-Friend"

For Group Fitness Pass Plan Holders