

JANUARY 2010 ACTIVITIES AND EVENTS

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Gym will occasionally close for Basketball League-check posted schedule

	Monday	Tuesday	Weds.	Thursday	Friday
SWIM	Open Swim 12-3:15pm & 8-9:30pm	Open Swim 9-10 am & 12-4 pm	Open Swim 12-3:15pm & 8-9:30pm	Open Swim 9-10 am 12-4 pm & 7:30-9:30pm	Open Swim 11-3:15 pm & 7-9:30pm Slide
CLIMB & GYM	Climbing Wall 4-7 pm Gym	Climbing Wall 6-8 pm Gym	Climbing Wall 5-8 pm Gym	Climbing Wall 6-8 pm Gym	Climbing Wall 4-7 pm Gym
GET ACTIVE	Core Cond. 4:30 pm Simply Step 5:30 pm Zumba 6:30 Tai Chi 7:30 pm	Muscle Pump 5:30 pm Pilates 5:30 pm Cardio Light 6:30 pm Yoga 6:30 pm	NIA 5:00 pm Mix. Level Step 5:30 pm Yoga 5:30 pm Zumba-6:30	Muscle Pump 4:30 pm 5:30 pm Pilates 5:30 pm Ying Yang Yoga 6:30 pm	Muscle Pump 12:00 pm

12-15 year olds must be with an adult when taking classes unless Teen Orientation has been completed

TEEN ORIENTATION

January 12 & 14

7:00-8:30pm



MIDDLE SCHOOL MADNESS

January 19th & 23rd

Cost: \$5 for members

\$10 for non members

Time: 7:00-10:00pm

Contact: Kate Natwick at
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