

FEBRUARY 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1 5:15PM Basic Training</p> <p>6:30PM Kettlebell Training</p>	<p>2 5:15PM Aerobic Dance</p> <p>6:30PM FitYoga Stretch& Strength</p>	<p>3 5:15PM Resistance Training</p> <p>6:30PM CardioKick</p>	<p>4 5:15PM FitYoga Stretch&Strength</p> <p>6:30PM Interval Training</p>	5	<p>6 Wellness Fair A Proactive Approach to Wellness</p>
7	<p>8 5:15PM Basic Training</p> <p>6:30PM Kettlebell Training</p>	<p>2 5:15PM Aerobic Dance</p> <p>6:30PM FitYoga Stretch& Strength</p>	<p>10 5:15PM Resistance Training</p> <p>6:30PM CardioKick</p>	<p>11 5:15PM FitYoga Stretch&Strength</p> <p>6:30PM Interval Training</p>	12	<p>13 8:30PM CardioKick 9:45AM FitYoga- Strength 11:00AM Children's Wellness</p>
14	<p>15 5:15PM Basic Training</p> <p>6:30PM Kettlebell Training</p>	<p>2 5:15PM Aerobic Dance</p> <p>6:30PM FitYoga Stretch& Strength</p>	<p>17 4:00PM Children's Wellness Program Make-up Class 5:15PM Resistance Training 6:30PM CardioKick</p>	<p>18 5:15PM FitYoga Stretch&Strength</p>	19	<p>20 8:30PM CardioKick</p>
21	<p>22 5:15PM Basic Training</p> <p>6:30PM Kettlebell Training</p>	<p>2 5:15PM Aerobic Dance</p> <p>6:30PM FitYoga Stretch& Strength</p>	<p>24 5:15PM Resistance Training</p> <p>6:30PM CardioKick</p>	<p>25 5:15PM FitYoga Stretch&Strength</p> <p>6:30PM Interval Training</p>	26	<p>27 8:30PM CardioKick 9:45AM FitYoga- Strength 11:00AM Children's Wellness</p>
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