

JANUARY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2 style="color: red; margin: 0;">Sneak PeakNational Heart Month</h2> <p style="margin: 0;">Mark your Calendars ...Saturday, February 6, 2010</p> <p style="color: red; margin: 0;">Free Classes, Skin Analysis by KosMedica, Giveaways and more...</p>					<p style="color: blue; text-decoration: underline;">KETTLEBELL CLASSES</p> <p>Preregistration Required Call or Text Lisa @ 401-368-3408</p>	<p>2</p> <p>8:30am Boot Camp Lisa</p>
3	4	5	6	7	8	9
	<p>5:15pm Just Beginning..Group X Mady</p> <p>6:30pm Kettlebell Lisa</p>	<p>5:15pm Aerobics Lisa</p> <p>6:30pm FitYoga Strength & Stretch Maria</p>	<p>5:15pm Resistance Core Training Maria</p> <p>6:30pm Just Beginning FitYoga Maria</p>	<p>5:15pm FitYoga Strength & Stretch</p> <p>6:30pm Interval Training Maria</p>		<p>8:30am CardioKettle Lisa</p> <p>10:00am FitYoga(Strength) Maria</p>
10	11	12	13	14	15	16
	<p>5:15pm Golden Moves Mady</p> <p>6:30pm Kettlebell Lisa</p>	<p>5:15pm Aerobics Lisa</p> <p>6:30pm FitYoga Strength & Stretch Maria</p>	<p>5:15pm Resistance Core Training Maria</p> <p>6:30pm Introduction to Kettlebell Lisa</p>	<p>5:15pm FitYoga Strength & Stretch</p> <p>6:30pm Interval Training Maria</p>		<p>8:30am CardioKettle Lisa</p> <p>10:00am FitYoga(Strength) Maria</p>
17	18	19	20	21	22	23
	<p>5:15pm Golden Moves Mady</p> <p>6:30pm Kettlebell Lisa</p>	<p>5:15pm Aerobics Lisa</p> <p>6:30pm FitYoga Strength & Stretch Maria</p>	<p>5:15pm Resistance Core Training Maria</p> <p>6:30pm CardioKick Lisa</p>	<p>5:15pm FitYoga Strength & Stretch</p> <p>6:30pm Interval Training Maria</p>		<p>8:30am CardioKettle Lisa</p> <p>10:00am FitYoga(Strength) Maria</p>
24	25	26	27	28	29	30
	<p>5:15pm Golden Moves Mady</p> <p>6:30pm Kettlebell Lisa</p>	<p>5:15pm Aerobics Lisa</p> <p>6:30pm FitYoga Strength & Stretch Maria</p>	<p>5:15pm Resistance Core Training Maria</p> <p>6:30pm CardioKick Lisa</p>	<p>5:15pm FitYoga Strength & Stretch</p> <p>6:30pm Interval Training Maria</p>		<p>8:30am CardioKettle Lisa</p> <p>10:00am FitYoga(Strength) Maria</p>