

JANUARY 2012

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>	
<p>1</p> <p>Closed Happy New Year!</p>	<p>2</p> <p>Boot Camp 5:45-6:15a Lite Aerobics 8:30-9:00a Aqua Lite 9:15-10:00a Golden Girls 10:30-11:15a Pilates Mix 5:30-6:15p Water Boot Camp 6:15-7:00p Under 18 Swim 4:30-8:30p</p>	<p>3</p> <p>Circuit Strength 5:45-6:15a Aqua Lite 9:15-10:00a Training Camp 6:30-7:15p Under 18 Swim 4:30-8:30p</p>	<p>4</p> <p>Boot Camp 5:45-6:15a Lite Aerobics 8:30-9:00a Aqua Lite 9:15-10:00am Golden Girls 10:30-11:15a Pilates Mix 5:30-6:15p Water Boot Camp 6:15-7:00p Under 18 Swim 4:30-8:30p</p>	<p>5</p> <p>Circuit Strength 5:45-6:15a Aqua Lite 9:15-10:00a Training Camp 6:30-7:15p Under 18 Swim 4:30-8:30p</p>	<p>6</p> <p>Boot Camp 5:45-6:15a Laps with Matt 9:00-10:00a Golden Girls 10:30-11:15a Under 18 Swim 4:30-8:30p</p>	<p>7</p> <p>Under 18 Swim 12:00-4:00p</p>	
<p>8</p> <p>Under 18 Swim 1:00-4:30pm</p>	<p>9</p> <p>Boot Camp 5:45-6:15a Lite Aerobics 8:30-9:00a Aqua Lite 9:15-10:00a Golden Girls 10:30-11:15a Pilates Mix 5:30-6:15p Water Boot Camp 6:15-7:00p Under 18 Swim 4:30-8:30p</p>	<p>10</p> <p>Circuit Strength 5:45-6:15a Aqua Lite 9:15-10:00a Training Camp 6:30-7:15p Under 18 Swim 4:30-8:30p</p>	<p>11</p> <p>Boot Camp 5:45-6:15a Lite Aerobics 8:30-9:00a Aqua Lite 9:15-10:00a Golden Girls 10:30-11:15a Pilates Mix 5:30-6:15p Water Boot Camp 6:15-7:00p Under 18 Swim 4:30-8:30p</p>	<p>12</p> <p>Circuit Strength 5:45-6:15a Aqua Lite 9:15-10:00a Training Camp 6:30-7:15p Under 18 Swim 4:30-8:30p</p>	<p>13</p> <p>Boot Camp 5:45-6:15a Laps with Matt 9:00-10:00a Golden Girls 10:30-11:15a Under 18 Swim 4:30-8:30p</p>	<p>14</p> <p>Under 18 Swim 12:00-4:00p</p>	
<p>15</p> <p>Under 18 Swim 1:00-4:30pm</p>	<p>16</p> <p>Boot Camp 5:45-6:15a Lite Aerobics 8:30-9:00a Aqua Lite 9:15-10:00a Golden Girls 10:30-11:15a Pilates Mix 5:30-6:15p Water Boot Camp 6:15-7:00p Under 18 Swim 4:30-8:30p</p>	<p>17</p> <p>Circuit Strength 5:45-6:15a Aqua Lite 9:15-10:00a Training Camp 6:30-7:15p Under 18 Swim 4:30-8:30p</p>	<p>18</p> <p>Boot Camp 5:45-6:15a Lite Aerobics 8:30-9:00a Aqua Lite 9:15-10:00a Golden Girls 10:30-11:15a Pilates Mix 5:30-6:15p Water Boot Camp 6:15-7:00p Under 18 Swim 4:30-8:30p</p>	<p>19</p> <p>Circuit Strength 5:45-6:15a Aqua Lite 9:15-10:00a Training Camp 6:30-7:15p Under 18 Swim 4:30-8:30p</p>	<p>20</p> <p>Boot Camp 5:45-6:15a Laps with Matt 9:00-10:00a Golden Girls 10:30-11:15a Under 18 Swim 4:30-8:30p</p>	<p>21</p> <p>Under 18 Swim 12:00-4:00p</p>	
<p>22</p> <p>Under 18 Swim 1:00-4:30pm</p>	<p>23</p> <p>Boot Camp 5:45-6:15a Lite Aerobics 8:30-9:00a Aqua Lite 9:15-10:00a Golden Girls 10:30-11:15a Pilates Mix 5:30-6:15p Water Boot Camp 6:15-7:00p Under 18 Swim 4:30-8:30p</p>	<p>24</p> <p>Circuit Strength 5:45-6:15a Aqua Lite 9:15-10:00a Training Camp 6:30-7:15p Under 18 Swim 4:30-8:30p</p>	<p>25</p> <p>Boot Camp 5:45-6:15a Lite Aerobics 8:30-9:00a Aqua Lite 9:15-10:00a Golden Girls 10:30-11:15a Pilates Mix 5:30-6:15p Water Boot Camp 6:15-7:00p Under 18 Swim 4:30-8:30p</p>	<p>26</p> <p>Circuit Strength 5:45-6:15a Aqua Lite 9:15-10:00a Training Camp 6:30-7:15p Under 18 Swim 4:30-8:30p</p>	<p>27</p> <p>Boot Camp 5:45-6:15a Laps with Matt 9:00-10:00a Golden Girls 10:30-11:15a Under 18 Swim 4:30-8:30p</p>	<p>28</p> <p>Under 18 Swim 12:00-4:00p</p>	
<p>29</p> <p>Under 18 Swim 1:00-4:30pm</p>	<p>30</p> <p>Boot Camp 5:45-6:15a Lite Aerobics 8:30-9:00a Aqua Lite 9:15-10:00a Golden Girls 10:30-11:15a Pilates Mix 5:30-6:15p Water Boot Camp 6:15-7:00p Under 18 Swim 4:30-8:30p</p>	<p>31</p> <p>Circuit Strength 5:45-6:15a Aqua Lite 9:15-10:00a Training Camp 6:30-7:15p Under 18 Swim 4:30-8:30p</p>	<p>Meet Our Instructors!</p>		<p><u>Matt Hoskinson</u> Laps with Matt Golden Girls</p> <p><u>Alyssa Hughes</u> Boot Camp</p>	<p><u>Angie Ziske</u> Pilates Mix</p> <p><u>Kara Nelson</u> Circuit Strength</p>	<p><u>Staci Sivinski</u> Lite Aerobics, Aqua Lite, Training Camp</p> <p><u>Mel Schoer</u> Aqua Lite Water Boot Camp</p>