



January 2012 Employee Group Exercise Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 12:00pm Yoga (B)</p> <p>4:15pm Impact with Chad (Pre-registration req.)</p>	<p>3 8:00am Zumba Tone (B-I) 12:00pm On the Wall (B)</p> <p>NO 4:30pm class</p>	<p>4 8:00am Stretch and Tone (B) 12:00pm Body Blast (I-A) 4:15pm Impact with Chad</p>	<p>5 8:00am Zumba Tone (B-I) 12:00pm On the Ball (I) 4:30pm Body Sculpt (B-I)</p>	<p>6 8:00am Yoga Your Way (B-I)</p> <p>4:15pm Impact with Chad</p>
<p>9 12:00pm Yoga (B)</p> <p>4:15pm Impact with Chad</p>	<p>10 8:00am Zumba Tone (B-I) 12:00pm X-Press Circuits (I-A)</p> <p>NO 4:30pm class</p>	<p>11 8:00am Absolutely Abs (B-I) 12:00pm Body Blast (I-A) 4:15pm Impact with Chad</p>	<p>12 8:00am Zumba Tone (B-I) 12:00pm On the Ball (I) 4:30pm Body Sculpt (B-I)</p>	<p>13 8:00am Yoga Your Way (B-I)</p> <p>4:15pm Impact with Chad</p>
<p>16 12:00pm Yoga (B)</p> <p>4:15pm Impact with Chad</p>	<p>17 8:00am Zumba Tone (B-I) 12:00pm On the Wall (B) 4:30pm Zumba (I)</p>	<p>18 8:00am Stretch and Tone (B) 12:00pm Body Blast (I-A) 4:15pm Impact with Chad</p>	<p>19 8:00am Zumba Tone (B-I) 12:00pm On the Ball (I) 4:30pm Body Sculpt (B-I)</p>	<p>20 8:00am Yoga Your Way (B-I)</p> <p>4:15pm Impact with Chad</p>
<p>23 12:00pm Yoga (B)</p> <p>4:15pm Impact with Chad</p>	<p>24 8:00am Zumba Tone (B-I) 12:00pm X-Press Circuits (I-A) 4:30pm Zumba (I)</p>	<p>25 8:00am Absolutely Abs (B-I) 12:00pm Body Blast (I-A) 4:15pm Impact with Chad</p>	<p>26 8:00am Zumba Tone (B-I) 12:00pm On the Ball (I) 4:30pm Body Sculpt (B-I)</p>	<p>27 8:00am Yoga Your Way (B-I)</p> <p>4:15pm Impact with Chad</p>
<p>30 12:00pm Yoga (B)</p> <p>4:15pm Impact with Chad</p>	<p>31 8:00am Zumba Tone (B-I) 12:00pm On the Wall (B) 4:30pm Zumba (I)</p>			

B= Beginner level
I=Intermediate level
A=Advanced level