

# Intro Series-December 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29 <i>Intro to Wellness</i> <i>12-2pm</i>
30	31					

# Intro Series-January 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Tour It Tuesday 5-7pm</i>	2 <i>Walk it Wednesday- All Day</i>	3 <b>5:15pm- Intro to AquaFit</b>	4 <i>Freebie Friday- All Day</i> <b>1pm- Intro to FoamRoll</b>	5 <b>7am- Intro to Body Power</b>
6 <b>1pm- Intro to Cycling</b>	7	8 <i>Tour It Tuesday 5-7pm</i> <b>5pm- Intro to Revolution</b> <b>5:30pm-Intro to Yoga</b>	9 <i>Walk it Wednesday- All Day</i>	10	11 <i>Freebie Friday- All Day</i>	12 <b>1pm- Intro to Equipment</b>
13 <b>10am- Intro to Aqua (Pool)</b> <b>1pm- Intro to Yoga</b>	14	15 <i>Tour It Tuesday 5-7pm</i> <b>5pm- Intro to Revolution</b>	16 <i>Walk it Wednesday- All Day</i> <b>10am- Intro to SeniorFit</b>	17	18 <i>Freebie Friday- All Day</i>	19 <b>7am- Intro to Body Power</b> <b>9am- Intro to HIIT</b>
20	21	22 <i>Tour It Tuesday 5-7pm</i>	23 <i>Walk it Wednesday- All Day</i> <b>4:30pm- Intro to FoamRoll</b>	24 <b>5:30pm-Intro to Yoga</b>	25 <i>Freebie Friday- All Day</i>	26 <b>10am- Intro to Revolution</b>
27 <b>1pm- Intro to Cycling</b> <b>1pm- Intro to Equipment</b>	28	29 <i>Tour It Tuesday 5-7pm</i>	30 <i>Walk it Wednesday- All Day</i> <b>4:30pm- Intro to Cycling</b>	31		