






February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>How are those "New Year's Resolutions" going? Let us help you stay on them!</p>		<p>Customize Your Fitness Plan</p> 		 <p>DANCING LIKE THE STARS</p>	<p>1 6pm Ballroom Dancing with Juan Join the Team!</p>	<p>2 Groundhog Day 8:30-9:30am Spinning with Missy</p>
3	<p>4 7:30-8:30pm Spinning with Angelia</p>	<p>5 9-10am Yoga with Brina -</p>	<p>6 6:30-7:30pm Spinning with Angelia</p>	<p>7 9-10am Yoga with Evelyn -</p>	<p>8 6pm Ballroom Dancing with Juan Join the Team!</p>	<p>9 8:30-9:30am Spinning with Angelia</p>
10	<p>11 7:30-8:30pm Spinning with Angelia</p>	<p>12 9-10am Yoga with Brina -</p>	<p>13 6:30-7:30pm Spinning with Angelia</p>	 <p>14 9-10am Yoga with Evelyn -</p>	<p>15 6pm Ballroom Dancing with Juan Join the Team!</p>	<p>16 8:30-9:30am Spinning with Missy</p>
<p>THE FITNESSCLINIC</p> 	<p>18 Presidents Day 7:30-8:30pm Spinning with Angelia</p>	<p>19 9-10am Yoga with Brina -</p>	<p>20</p>  <p>NO SPINNING TODAY</p>	<p>21 9-10am Yoga with Evelyn -</p>	<p>22 6pm Ballroom Dancing with Juan Join the Team!</p>	<p>23 8:30-9:30am Instructor to be announced.</p>
24	<p>25 7:30-8:30pm Spinning with Angelia</p>	<p>26 9-10am Yoga with Brina -</p>	<p>27 6:30-7:30pm Spinning with Angelia</p>	<p>28 9-10am Yoga with Evelyn -</p>	<p>SPINNING</p> 