



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>ARE YOU USING YOUR HEART MONITOR?</p>		<p>3 9-10am Yoga with Brina</p>	<p>4 6:30-7:30pm Spinning with Angelia</p>	<p>5 9-10am Yoga with Evelyn</p>	<p>6 6pm <i>Ballroom Dancing with Juan... Join the Team!</i></p>	<p>7 8:30-9:30am Spinning with Missy</p>	
<p>8</p>	<p>THE FITNESSCLINIC</p> 	<p>10 9-10am Yoga with Brina</p>	<p>11 6:30-7:30pm Spinning with Angelia</p>	<p>12 9-10am Yoga with Evelyn</p>	<p>13 6pm <i>Ballroom Dancing with Juan... Join the Team!</i></p>	<p>14 8:30-9:30am Spinning with Missy</p>	
<p>15</p>	<p>16</p>	<p>17 9-10am Yoga with Brina</p>	<p>18 6:30-7:30pm Spinning with Angelia</p>	<p>19 9-10am Yoga with Evelyn</p>	<p>20 6pm <i>Ballroom Dancing with Juan... Join the Team!</i></p>	<p>21 8:30-9:30am Spinning with Missy</p>	
<p>22</p>	<p>23</p>	<p>24 9-10am Yoga with Brina</p>	<p>25 6:30-7:30pm Spinning with Angelia</p>	<p>26 9-10am Yoga with Evelyn</p>	<p>27 6pm <i>Ballroom Dancing with Juan... Join the Team!</i></p>	<p>28 8:30-9:30am Spinning with Guest Leader</p>	
<p><u>2 out of 168</u></p>	<p>Every week you get 168 hours to spend. We believe at least 2 of those hours should be INVESTED in <u>your</u> health.</p>	<p>31 9-10am Yoga with Brina</p>				<p>SPINNING.</p> 