

# January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>1</b></p> <p><i>Closed Today</i></p> 	<p><b>2</b></p> <p><b>Fit in 30</b> 5:45-6:15am  <b>Ab Lab</b> 7:00-7:30am  <b>Aquafit</b> 8:15-9:15am  <b>Water Aerobics</b> 9:30-10:00am  <b>PiYo</b> 5:30-6:15pm</p>	<p><b>3</b></p> <p><b>Sunrise Shred</b> 5:45-6:15am  <b>Line Dancing</b> 8:15-9:15am  <b>Chair Yoga</b> 9:30-10:00am  <b>Yoga</b> 12:00-12:45pm  <b>Body Tone Circuit</b> 5:30-6:00pm</p>	<p><b>4</b></p> <p><b>Fit in 30</b> 5:45-6:15am  <b>Water Aerobics</b> 9:30-10:00am  <b>PiYo</b> 5:30-6:15pm</p>	<p><b>5</b></p> <p><b>Friday Funday</b> 5:45-6:15am  <b>Aquafit</b> 8:15-9:15am</p>	<p><b>6</b></p> <p><b>Under 18 Swim</b> 12:00-4:00pm  <b>Water Aerobics</b> 9:15-10:00am</p>
<p><b>7</b></p> <p><b>Under 18 Swim</b> 1:00-4:30pm</p>	<p><b>8</b></p> <p><b>Sunrise Shred</b> 5:45-6:15am  <b>Yoga</b> 6:30-7:15am  <b>AM Mix</b> 9:30-10:00am</p>	<p><b>9</b></p> <p><b>Fit in 30</b> 5:45-6:15am  <b>Ab Lab</b> 7:00-7:30am  <b>Aquafit</b> 8:15-9:15am  <b>Water Aerobics</b> 9:30-10:00am  <b>PiYo</b> 5:30-6:15pm</p>	<p><b>10</b></p> <p><b>Sunrise Shred</b> 5:45-6:15am  <b>Line Dancing</b> 8:15-9:15am  <b>Chair Yoga</b> 9:30-10:00am  <b>Yoga</b> 12:00-12:45pm  <b>Body Tone Circuit</b> 5:30-6:00pm</p>	<p><b>11</b></p> <p><b>Fit in 30</b> 5:45-6:15am  <b>Water Aerobics</b> 9:30-10:00am  <b>PiYo</b> 5:30-6:15pm</p>	<p><b>12</b></p> <p><b>Friday Funday</b> 5:45-6:15am  <b>Aquafit</b> 8:15-9:15am</p>	<p><b>13</b></p> <p><b>Under 18 Swim</b> 12:00-4:00pm  <b>Water Aerobics</b> 9:15-10:00am</p>
<p><b>14</b></p> <p><b>Under 18 Swim</b> 1:00-4:30pm</p>	<p><b>15</b></p> <p><b>Sunrise Shred</b> 5:45-6:15am  <b>Yoga</b> 6:30-7:15am  <b>AM Mix</b> 9:30-10:00am</p>	<p><b>16</b></p> <p><b>Fit in 30</b> 5:45-6:15am  <b>Ab Lab</b> 7:00-7:30am  <b>Aquafit</b> 8:15-9:15am  <b>Water Aerobics</b> 9:30-10:00am  <b>PiYo</b> 5:30-6:15pm</p>	<p><b>17</b></p> <p><b>Sunrise Shred</b> 5:45-6:15am  <b>Line Dancing</b> 8:15-9:15am  <b>Chair Yoga</b> 9:30-10:00am  <b>Yoga</b> 12:00-12:45pm  <b>Body Tone Circuit</b> 5:30-6:00pm</p>	<p><b>18</b></p> <p><b>Fit in 30</b> 5:45-6:15am  <b>Water Aerobics</b> 9:30-10:00am  <b>PiYo</b> 5:30-6:15pm</p>	<p><b>19</b></p> <p><b>Friday Funday</b> 5:45-6:15am  <b>Aquafit</b> 8:15-9:15am</p>	<p><b>20</b></p> <p><b>Under 18 Swim</b> 12:00-4:00pm  <b>Water Aerobics</b> 9:15-10:00am</p>
<p><b>21</b></p> <p><b>Under 18 Swim</b> 1:00-4:30pm</p>	<p><b>22</b></p> <p><b>Sunrise Shred</b> 5:45-6:15am  <b>Yoga</b> 6:30-7:15am  <b>AM Mix</b> 9:30-10:00am</p>	<p><b>23</b></p> <p><b>Fit in 30</b> 5:45-6:15am  <b>Ab Lab</b> 7:00-7:30am  <b>Aquafit</b> 8:15-9:15am  <b>Water Aerobics</b> 9:30-10:00am  <b>PiYo</b> 5:30-6:15pm</p>	<p><b>24</b></p> <p><b>Sunrise Shred</b> 5:45-6:15am  <b>Line Dancing</b> 8:15-9:15am  <b>Chair Yoga</b> 9:30-10:00am  <b>Yoga</b> 12:00-12:45pm  <b>Body Tone Circuit</b> 5:30-6:00pm</p>	<p><b>25</b></p> <p><b>Fit in 30</b> 5:45-6:15am  <b>Water Aerobics</b> 9:30-10:00am  <b>PiYo</b> 5:30-6:15pm</p>	<p><b>26</b></p> <p><b>Friday Funday</b> 5:45-6:15am  <b>Aquafit</b> 8:15-9:15am</p>	<p><b>27</b></p> <p><b>Under 18 Swim</b> 12:00-4:00pm  <b>Water Aerobics</b> 9:15-10:00am</p>
<p><b>28</b></p> <p><b>Under 18 Swim</b> 1:00-4:30pm</p>	<p><b>29</b></p> <p><b>Sunrise Shred</b> 5:45-6:15am  <b>Yoga</b> 6:30-7:15am  <b>AM Mix</b> 9:30-10:00am</p>	<p><b>30</b></p> <p><b>Fit in 30</b> 5:45-6:15am  <b>Ab Lab</b> 7:00-7:30am  <b>Aquafit</b> 8:15-9:15am  <b>Water Aerobics</b> 9:30-10:00am  <b>PiYo</b> 5:30-6:15pm</p>	<p><b>31</b></p> <p><b>Sunrise Shred</b> 5:45-6:15am  <b>Line Dancing</b> 8:15-9:15am  <b>Chair Yoga</b> 9:30-10:00am  <b>Yoga</b> 12:00-12:45pm  <b>Body Tone Circuit</b> 5:30-6:00pm</p>	<p><b>MAINTAIN DON'T GAIN</b>    <b>January 15 - March 26</b>  <b>Cost: \$30.00</b></p>		<p><b>Challenge:</b> The name of the game is not to gain weight. If you lose or maintain the exact same weight as when you weigh-in, your name will go into the pot to win one of two prizes: The money lost by those who gained, or a single 6-month CRMC Wellness Center Membership.  <b>Weigh-In Dates:</b> January 15, 16 &amp; 17</p>