

NOVEMBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Aerobics 6-655p Toning 7-755p	3 Pilates 6-645pm KB 7-8pm	4 Aerobics 6-7pm Toning 715-815	5	6	7
8 REGISTER BY NOVEMBER 9 FOR NXT SESS	9 Aerobics 6-655p Toning 7-755p	10 Pilates 6-645pm KB 7-8pm	11 NO CLASS/ Make-up date 10/19	12	13	14
15 BEGIN 8 WEEK SES- SION	16 Aerobics 6-655p Toning 7-755p	17 Pilates 6-645pm KB 7-8pm	18 Aerobics 6-7pm Toning 715-815	19	20	21
22	23 Aerobics 6-655p Toning 7-755p	24 Pilates 6-645pm KB w/Dana 7-8pm	25 Aerobics 6-7pm Toning 715-815		27	28
29	30 Aerobics 6-655p Toning 7-755p					




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DECEMBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Pilates 6-645pm KB 7-8pm	2 Aerobics 6-7pm Toning 715-815	3	4	5
6	7 Aerobics 6-655p Toning 7-755p	8 Pilates 6-645pm KB 7-8pm	9 Aerobics 6-7pm Toning 715-815	10	11	12
13	14 Aerobics 6-655p Toning 7-755p	15 Pilates 6-645pm KB 7-8pm	16 Aerobics 6-7pm Toning 715-815	17	18	19
Add on class price list: 6 classes \$30 4 classes \$24 2 classes \$14	21 ADD-ON Aerobics 6-655p Toning 7-755	22 ADD-ON PRE-XMAS FAT BURNER 6-7:15PM	23	24		26
Please prepay with cash or check by De- cember 3rd	28 ADD-ON Aerobics 6-655p Toning 7-755	29 ADD-ON POST XMAS FAT BURNER 6-7:15PM	30	31		



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JANUARY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						2
3	4 Aerobics 6-655p Toning 7-755p	5 Pilates 6-645pm KB 7-8pm	6 Aerobics 6-7pm Toning 715-815	7	8	9
10	11 Aerobics 6-655p Toning 7-755p	12 Pilates 6-645pm KB 7-8pm	13 Aerobics 6-7pm Toning 715-815	14	15	16
17	18 NO CLASSES SEE BELOW	19 Pilates 6-645pm KB 7-8pm	20 Aerobics 6-7pm Toning 715-815	21	22	23
24 —————> 1/18 MAKE UP CLASS	25 Aerobics 6-655p Toning 7-755p	26	27	28	29	30
31						



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