



# January 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## Our Holiday Hours of Operation On New Years Day

**Club:** 9:00am –3:00pm  
**Kids In Motion:** 9:00am -12:00pm

HAPPY★NEW★YEAR

**Holiday Hours  
& Special Class  
Schedule Today**

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## January 1st Group Exercise Class Schedule

9:15-10:15am	Studio 1	Tabata & Core	Brenda
9:15-10:15am	Pool	Smooth Seas	Carl
9:30-10:45am	Avani	Yin Yoga	Olga
10:20-11:20am	Studio 2	Group Ride	Brenda

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Complimentary  
Ballroom  
8-8:45pm  
with Olga

**Jan. 19th:**

Winter  
Wonderland  
Parent/Child Yoga  
3:00pm-4:00pm

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**New Class  
Schedule Begins!**

**GROUP RIDE**  
LAUNCH at 11:30am!

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**GROUP RIDE**  
LAUNCH at 5:30am!

**GROUP RIDE**

LAUNCH at 9:35am!

**GROUP fight**

LAUNCH at 5:30pm!

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**GROUP RIDE**

LAUNCH at 9:35am!

Mystical Healing  
Sound\*\*  
with Pavla  
6:30-8:00pm

**GROUP RIDE**

LAUNCH at 9:15am!

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**GROUP RIDE**

LAUNCH at 8:00am!

**GROUP POWER**

LAUNCH at  
5:30am & 5:30pm!

**FREE Living with  
Diabetes Support  
Education at 9am**

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**GROUP POWER**

LAUNCH at  
5:30am  
8:30am  
6:35pm!

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**GROUP POWER**

LAUNCH at 11:45am!

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**FREE Community Yoga  
from 7:00-8:15pm  
with Jingli**

**GROUP POWER**

LAUNCH at 7:30am!

Dr. Mauricio  
Medical Cannabis  
101  
11:30am

**GROUP BLAST**

LAUNCH at 8:00am!

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**GROUP CENTERGY**

LAUNCH at 10:40am!

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**GROUP CORE**

LAUNCH at 5:30am!

**GROUP CENTERGY**

LAUNCH at 9:35am!



**SKY YOGA**  
LEARN · GROW · EVOLVE

**GROUP POWER**

LAUNCH at 9:40am!