



# JANUARY 2021

## EXERCISE PROGRAMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> <b>NEWYEAR'S DAY</b>	<b>2</b> 915– Easy Fit (E)
<b>3</b> 915– Easy Fit (W)	<b>4</b> 915–Sit Down & Tone Up (E)	<b>5</b> 915– Easy Fit (E) 115– Balance Class (E)	<b>6</b> 915– Easy Fit (E) 915–Sit Down & Tone Up (W)	<b>7</b> 915–Sit Down & Tone Up (E)	<b>8</b> 915– Sit Down & Tone Up (W) 915– Easy Fit (E)	<b>9</b>
<b>10</b>	<b>11</b> 915–Sit Down & Tone Up (E)	<b>12</b> 915– Easy Fit (E) 115– Balance Class (E)	<b>13</b> 915– Easy Fit (E) 915–Sit Down & Tone Up (W)	<b>14</b> 915–Sit Down & Tone Up (E)	<b>15</b> 915– Sit Down & Tone Up (W) 915– Easy Fit (E)	<b>16</b> 915– Easy Fit (E)
<b>17</b> 915– Easy Fit (W)	<b>18</b> 915–Sit Down & Tone Up (E)	<b>19</b> 915– Easy Fit (E) 115– Balance Class (E)	<b>20</b> 915– Easy Fit (E) 915–Sit Down & Tone Up (W)	<b>21</b> 915–Sit Down & Tone Up (E)	<b>22</b> 915– Sit Down & Tone Up (W) 915– Easy Fit (E)	<b>23</b>
<b>24</b>	<b>25</b> 915–Sit Down & Tone Up (E)	<b>26</b> 915– Easy Fit (E) 115– Balance Class (E)	<b>27</b> 915– Easy Fit (E) 915–Sit Down & Tone Up (W)	<b>28</b> 915–Sit Down & Tone Up (E)	<b>29</b> 915– Sit Down & Tone Up (W) 915– Easy Fit (E)	<b>30</b> 915– Easy Fit (E)
<b>31</b> 915– Easy Fit (W)						