



# January

MON	TUE	WED	THUR	FRI	SAT	SUN
<b>2</b> Yoga: 12:00pm Yoga: 5:30pm Crossfit: 6:15pm Cycling: 6:30pm TRX: 7:00pm Cardio Boxing: 8:00pm	<b>3</b> Crossfit: 6:30am Yoga: 7:00am Yoga: 9:00am Aqua Aerobics: 12:00 Core: 12:15 Teen Team: 4-6pm TRX: 5:30pm Cycling: 6:30pm Yoga: 6:30pm Train 4 Climbing: 8:05pm	<b>4</b> TRX: 9:00 am Yoga: 12:00pm Camp Week #7: 4pm Yoga: 5:30pm Crossfit: 6:15pm Cycling: 6:30pm Weights Beta: 6:30pm TRX: 7:00pm Cardio Box: 8:00pm	<b>5</b> Yoga: 7:00am Yoga: 9:00am Aqua Aerobics: 12:00 Power Sculpt: 5:30pm Crossfit: 6:15pm Cycling: 6:30pm Yoga: 6:30pm TRX: 8pm	<b>6</b> Crossfit: 6:30am Yoga: 12:00pm Zumba: 5:30pm Crossfit: 6:15pm Yoga: 6:30pm  <b>DISCOUNT DAY</b>	<b>7</b> Core & More: 9am Yoga: 10:15am <b>FREE Chair Massages 9-12</b> <b>BeyondChiropractic</b> Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35)	<b>1 New Years day</b> Special hours: 11am to 5pm Kids Belay: 11:30am-3:30pm  <b>8</b> Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35) Restorative Yoga: 4:30pm
<b>9</b> TRX: 9am Yoga: 12:00pm Yoga: 5:30pm Crossfit: 6:15pm Cycling: 6:30pm TRX: 7:00pm Cardio Boxing: 8:00pm	<b>10</b> Crossfit: 6:30am Yoga: 7:00am Yoga: 9:00am Aqua Aerobics: 12:00 Core: 12:15 Teen Team: 4-6pm TRX: 5:30pm Crossfit: 6:15pm Cycling: 6:30pm Yoga: 6:30pm T4C: 8:05pm	<b>11</b> TRX: 9:00 am Yoga: 12:00pm <b>Anchor clinic with Hans \$20: 12:00 -2pm</b> Camp Week #8: 4pm Yoga: 5:30pm Crossfit: 6:15pm Cycling: 6:30pm TRX: 7:00pm Cardio Box: 8:00pm <b>WOMEN'S NIGHT</b>	<b>12</b> Yoga: 7:00am Yoga: 9:00am <b>Mike Fit: 12:15</b> Aqua Aerobics: 12:00 Power Sculpt: 5:30pm Crossfit: 6:15pm Cycling: 6:30pm Yoga: 6:30pm TRX: 8pm <b>FREE Chair Massages 7-8pm with Krystal</b>	<b>13</b> Crossfit: 6:30am Yoga: 12:00pm Zumba: 5:30pm Crossfit: 6:15pm Yoga: 6:30pm	<b>14 Ultimate Fitness Experience 9:30am to noon.</b> ★ Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35) ★	<b>15</b> Check gym for weekend intensives. Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35) Restorative Yoga: 4:30pm
<b>16</b> TRX: 9am Yoga: 12:00pm Yoga: 5:30pm Crossfit: 6:15pm Cycling: 6:30pm TRX: 7:00pm Cardio Boxing: 8:00pm <b>FREE Massages 6-8pm with SAMMY</b>	<b>17</b> Crossfit: 6:30am Yoga: 7:00am Yoga: 9:00am Aqua Aerobics: 12:00 Core: 12:15 Teen Team: 4-6pm TRX: 5:30pm Crossfit: 6:15pm Cycling: 6:30pm Yoga: 6:30pm T4C: 8:05pm	<b>18</b> TRX: 9:00 am Yoga: 12:00pm <b>Lead clinic with Hans \$20: 12:00 - 2pm</b> Camp Week #9: 4pm Yoga: 5:30pm Crossfit: 6:15pm Cycling: 6:30pm TRX: 7:00pm Cardio Box: 8:00pm	<b>19</b> Yoga: 7:00am Yoga: 9:00am <b>Mike Fit: 12:15</b> Aqua Aerobics: 12:00 Power Sculpt: 5:30pm Crossfit: 6:15pm Cycling: 6:30pm Yoga: 6:30pm TRX: 8pm <b>FREE Massages 6pm BeyondChiropractic</b>	<b>20</b> Crossfit: 6:30am Yoga: 12:00pm Zumba: 5:30pm Crossfit: 6:15pm Yoga: 6:30pm <b>COLLEGE NIGHT</b>	<b>21</b> Core & More: 9am Yoga: 10:15am Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35)	<b>22</b> Check gym for weekend special events. Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35) Restorative Yoga: 4:30pm
<b>23</b> TRX: 9:00 am Yoga: 12:00pm Yoga: 5:30pm Crossfit: 6:15pm Cycling: 6:30pm TRX: 7:00pm Cardio Boxing: 8:00pm	<b>24</b> Crossfit: 6:30am Yoga: 7:00 & 9:00am Aqua Aerobics: 12:00 Core: 12:15 Teen Team: 4-6pm TRX: 5:30pm Crossfit: 6:15pm Cycling: 6:30pm Yoga: 6:30pm Meet the Manager: 8:05pm	<b>25</b> TRX: 9:00 am Yoga: 12:00pm Camp Week #10: 4pm Yoga: 5:30pm Crossfit: 6:15pm Cycling: 6:30pm TRX: 7:00pm Cardio Box: 8:00pm	<b>26</b> Yoga: 7:00am Yoga: 9:00am <b>Mike Fit: 12:15</b> Aqua Aerobics: 12:00 Power Sculpt: 5:30pm Crossfit: 6:15pm Cycling: 6:30pm Yoga: 6:30pm TRX: 8pm	<b>27</b> Crossfit: 6:30am Yoga: 12:00pm Zumba: 5:30pm Crossfit: 6:15pm Yoga: 6:30pm  <b>GUEST DAY</b>	<b>28</b> Core & More: 9am Yoga: 10:15am Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35) <b>TBS7 at The Studio noon to 7pm</b>	<b>29</b> Check gym for weekend intensives. Kids Belay: 11:30am-3:30pm Parents Belay: 11:30am&1pm (\$35) Restorative Yoga: 4:30pm
<b>30</b> Yoga: 12:00pm Yoga: 5:30pm Crossfit: 6:15pm Cycling: 6:30pm TRX: 7:00pm Cardio Boxing: 8:00pm	<b>31</b> Crossfit: 6:30am Yoga: 7:00am Yoga: 9:00am Core: 12:15 Teen Team: 4-6pm TRX: 5:30pm Crossfit: 6:15pm Cycling: 6:30pm Yoga: 6:30pm Intro to Yoga: 6:30pm <b>FREE Massages 6-8pm with SAMMY</b>	<h2>Intro to Climbing!</h2> <p><b>FREE to Members</b>  <b>\$29 for non-members</b>  <b>M-F 4:30pm, 6:00pm, 7:30pm</b>  <b>S/S 11:30am, 1:00pm, 3:00pm</b></p> <p>New classes and hours are <b>bolded</b> in the schedule.            Challenge list for 2012 will be "revealed" on January 24th.</p>		We expect many new members in January. Let us all welcome them. Introduce yourselves. Show them all the parts of the facility and most importantly the enthusiasm we have for exercise and well-being.	<h3>News for January!</h3> <ul style="list-style-type: none"> <li>• <b>Ultimate Fitness Experience on the 14th</b></li> <li>• <b>Meet The Manager on the 24 and reveal the 2012 Challenge list!</b></li> <li>• <b>Anchor and Lead clinic with Hans on the 11th and 18th</b></li> </ul> <p><b>TBS7 The Studio January 28th!</b></p>	

<b>CARDIO BOXING</b> Mon/Wed 8:00-9:00pm - Harmony/Eric	<b>CROSSFIT /SWIM</b> MTWTHF 6:15pm - Doron T/F 6:30am - Doron T/TH 12 - Christi	<b>YOGA</b> M/W 12-1:00pm - Kate (Flow) W 5:30-6:30-6:45pm - Sarah (Flow) T/Th 7:00-8:15am - Tina (Morning Flow) T/Th 9:00-10:30am - Deb (Vinyasa) T/Th 6:30-8:00pm - Wes (Yoga) F 12:00 PM - Rachel Coyle (Flow) M 5:30pm F 6:30pm - Monette (Vinyasa Flow) Sat. 10:15-11:30am - Wes (Vinyasa) Sun. 4:30-5:30pm - Kate (Restorative)	<b>INDOOR CYCLING</b> M 6:30-7:30pm - Ruben T/W&TH 6:30-7:30pm - Mike/Doris
<b>TRX / ZUMBA</b> M 7:00-8:00pm - Julie T 5:30pm / W 7pm / Th 8pm - Mike M 7pm / W 9:00am - Julie F 9:00am - Sheri F 5:30-6:30pm - Cyndi	<b>CORE</b> T 12:15 -1:15pm / Th 12:15 - Mike Th 5:30 to 6:25pm - Doris Sat 9am - Ruben	<b>PERSONAL TRAINERS</b> Julie Spiker, Angela Watson, Ruben Vaughn, Doris Via, Mike Rogers, Deb Stone, Sheri Ashton, Rachel Coyle, Doron Serban	