

# JANUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Facility closed for New Year's Day	2	3	4
5	6 Registered Program Police Training STARTS	7	8 Member Clinic Freestyle Clinic, 5:15 PM  Registered Program Rise to Shine STARTS	9 Registered Aquatics Paul Cross Masters STARTS	10 Registered Program Fridays with Regan STARTS	11
12 Registered Aquatics Mobility for Life STARTS	13 Pilates Reformer Intro Level STARTS  Registered Aquatics YWCA Swim Level 3 STARTS	14 Member Clinic Learn to Swim, 6 PM  Pilates Reformer Intro/Level 1, Level 1/2 Mixed STARTS	15 Pilates Reformer Intro/Level 1 STARTS	16 Pilates Reformer Intro Level STARTS	17 Pilates Reformer Level 2 STARTS  Registered Aquatics YWCA Swim Level 3 STARTS	18 Registered Program 30-30-30 STARTS Functional Training STARTS
19	20 Registered Aquatics YWCA Swim Level 1 STARTS YWCA Swim Level 2/3 STARTS	21 Registered Aquatics YWCA Swim Level 1 STARTS YWCA Swim Level 2 STARTS	22 Pilates Reformer Intro Level STARTS  Registered Aquatics YWCA Swim Level 2/3 STARTS	23 Registered Aquatics YWCA Swim Fit STARTS	24 Registered Aquatics YWCA Swim Level 1 STARTS	25
26	27	28 Registered Program LITE Squared STARTS  Member Clinic Diet & Exercise 12:15 PM with Greg Poole	29 Member Measures Track your progress with a series of health and fitness measures. Lobby 11:30-1:30 pm, 4:30-5:30 pm	30 Pilates Reformer Intro/Level 1 STARTS  Meet the Trainer Dylan Kay - Maximize the Cardio Room	31 Friendly Friday Bring a friend for free (ID required)	