

**JANUARY 2012**

**New You**

**HEALTH  
FI+NESS**

Find your balance.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Facility closed for New Year's Day	2 Holiday class schedule in effect.  <b>Registered Program</b> Police Fitness Training Program STARTS  Facility closes at 8pm	3 <b>Winter 2012 Class Schedule in effect</b>	4 <b>Open House Jan 4 - 13</b> <b>Free workouts for family &amp; friends</b>  <b>Member Clinic</b> Masters Swim Trial Class, 5:30pm with Stephanie Jung	5 <b>Member Clinic</b> Seahiker Info Session, 5:30pm followed by sample class at 6:30pm, with Peter Scott	6 <u>No Joiner Fee on NOW! Save \$85</u>	7
8 <u>No Joiner Fee on NOW! Save \$85</u>	9 <b>Registered Aquatics</b> Technical Masters STARTS  <b>Feature Class</b> Deep Water AquaFit, 5:15pm	10 <b>Registered Aquatics</b> Masters Swim STARTS Seahiker Swim Club STARTS Seahiker Swim Pod STARTS	11 <b>Registered Aquatics</b> Masters Swim STARTS  <b>Feature Series</b> Deep Water AquaFit, Jan 11-Feb 29, 6:45pm	12 <b>Registered Aquatics</b> Masters 101 STARTS  <b>Feature Class</b> Aqua Kickbox, 12:15pm	13 <b>Registered Aquatics</b> Masters Swim STARTS Fit 4 Two Prenatal STARTS	14 <b>Registered Aquatics</b> Beginner Masters Swim STARTS
15	16 <u>No Joiner Fee on until Jan 18! Save \$85</u>	17 <b>Registered Program</b> Learn to Run (morning session) STARTS	18 <b>LAST DAY</b> <u>No Joiner Fee</u>	19 <b>Member Clinic</b> Over-whelmed to Over-joyed, 12:15pm with Jeff Ross  <b>Registered Program</b> -Eating for Healthy Weight Loss STARTS -Learn to Run (evening session) STARTS - Barre Workout with Alesya STARTS	20 <b>Feature Class</b> Aqua Zumba, 12pm Alesya	21 <b>Registered Program</b> Slimmer You STARTS
22	23 <b>Registered Program</b> 10-10 Bootcamp STARTS	24 <b>Member Event</b> Trainers Day Interested in personal training? Come meet the trainers.	25 <b>Member Clinic</b> Thyroid Health, 5:30pm with Orsha M.  <b>Registered Program</b> Ready, Set, Go! Balanced Weight Program STARTS	26 <b>Member Measures</b> Waist-to-Hip Ratio lobby at 7-8am, 12-2,5-6pm	27 <b>Friendly Friday</b> Bring a friend for free (ID req.)	28
29	30	31 <b>Member Clinic</b> Change Will Do You Good, 12:15pm with Roxanne Cole				