

Fitness Classes -January 2012 St. Margaret's Centre

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>closed</i>	2 NO ZUMBA	3 <i>Spin 8:45-9:45am</i> <i>Spin 10-10:30am</i> <i>Spin 7-7:30pm</i> <i>Spin 7:45-8:45pm</i> NO ZUMBA	4 NO YOGA NO ZUMBA	5 <i>Spin 8:45-9:45am</i> <i>Spin 10-10:30am</i> <i>YOGA 7:30-8:30pm</i> NO ZUMBA <i>Spin 7:45-8:45pm</i>	6 NO ZUMBA	7 <i>Spin 8:30-9am</i> <i>Spin 9:15-10:15am</i>
8 <i>ZUMBA 5-6pm</i>	9 <i>ZUMBA 11am</i>	10 <i>Spin 8:45-9:45am</i> <i>Spin 10-10:30am</i> <i>NEW! 1pm -1:55pm indoor weighted walk</i> <i>Spin 7-7:30pm</i> <i>Spin 7:45-8:45pm</i> <i>Zumba 8:10-9:10pm</i>	11 <i>Yoga 6:05pm</i> <i>Zumba 7:05-8pm</i>	12 <i>Spin 8:45-9:45am</i> <i>Spin 10-10:30am</i> <i>Yoga 10:30am-11:25am</i> <i>NEW! 9:30-10:25am Functional circuit training class</i> <i>YOGA 7:30-8:30pm</i> <i>ZUMBA 8:10-9:10pm</i> <i>Spin 7:45-8:45pm</i>	13 <i>ZUMBA 11am</i>	14 <i>Spin 8:30-9am</i> <i>Spin 9:15-10:15am</i>
15 <i>ZUMBA 5-6pm</i>	16 <i>ZUMBA 11am</i>	17 <i>Spin 8:45-9:45am</i> <i>Spin 10-10:30am</i> <i>NEW! 1pm-1:55pm indoor weighted walk</i> <i>Spin 7-7:30pm</i> <i>Spin 7:45-8:45pm</i> <i>Zumba 8:10-9:10pm</i>	18 <i>Yoga 6:05pm</i> <i>Zumba 7:05-8pm</i>	19 <i>Spin 8:45-9:45am</i> <i>Spin 10-10:30am</i> <i>NEW! 9:30-10:25am Functional circuit training class</i> <i>Yoga 10:30am-11:25am</i> <i>YOGA 7:30-8:30pm</i> <i>ZUMBA 8:10-9:10pm</i>	20 <i>ZUMBA 11am</i>	21 <i>Spin 8:30-9am</i> <i>Spin 9:15-10:15am</i>
22 <i>ZUMBA 5-6pm</i>	23 <i>ZUMBA 11am</i>	24 <i>Spin 8:45-9:45am</i> <i>Spin 10-10:30am</i> <i>NEW! 1pm -1:55pm indoor weighted walk</i> <i>Spin 7-7:30pm</i> <i>Spin 7:45-8:45pm</i> <i>Zumba 8:10-9:10pm</i>	25 <i>Yoga 6:05pm</i> <i>Zumba 7:05-8pm</i>	26 <i>Spin 8:45-9:45am</i> <i>Spin 10-10:30am</i> <i>NEW! 9:30-10:25 am Functional circuit training class</i> <i>Yoga 10:30am-11:25am</i> <i>ZUMBA 8:10-9:10pm</i> <i>YOGA 7:30-8:30pm</i> <i>Spin 7:45-8:45pm</i>	27 NO ZUMBA	28 <i>Spin 8:30-9am</i> <i>Spin 9:15-10:15am</i>
29 NO ZUMBA	30 <i>ZUMBA 11am</i>	31 <i>Spin 8:45-9:45am</i> <i>HAWAIIAN VIDEO for hour long spin class today</i> <i>Spin 10-10:30am</i> <i>NEW! 1pm-1:55pm indoor weighted walk</i> <i>Spin 7-7:30pm</i> <i>Spin 7:45-8:45pm</i> <i>Zumba 8:10-9:10pm</i>	<div style="border: 2px solid black; background-color: yellow; padding: 5px;"> <p>NEW CLASSES INTRODUCTORY PRICE \$5 per class ZUMBA (YOGA CLASSES-BLUE) \$5 per class YOGA (7:30-8:30pm) \$8 per class Spin 1/2 hour class \$7 per class Spin 1 hour class \$10 per class PUNCH PASSES AVAILABLE FOR ALL CLASSES. Fitness Centre January Special \$199 plus tax for 12 months. Please sign up for Spin classes at the front desk.</p> </div>		<p><i>Looking for a personal trainer for 2012 . Charity and D'Arcy are both accepting new clients for 2012.</i></p>	