

# SYS Fitness Calendar- January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  Closed- Happy New Year	2 Spin 8am* SBT 9:30am Total Tone 5pm Zumba 6:00pm*	3 Boot Camp 7:30am* Spin 8am* Pilates 9:30am Get Fit 5pm Spin 6:15pm*	4 Spin 8am* SBT 9:30am Total Tone 5pm Zumba 6pm*	5 Boot Camp 7:30am* Spin 8am* Pilates 9:30am Get Fit 5pm Spin 6:15pm*	6 Spin & Circuit 8am* SBT 9:30am Flex for Life 10:30am* Total Tone 5pm Zumba 6pm*	7 Cardio Blast 9am Spin 9am*
8  Spin 9am* Yoga 11am†	9 Spin 8am* SBT 9:30am Total Tone 5pm Zumba 6:00pm*	10 Boot Camp 7:30am* Spin 8am* Pilates 9:30am Get Fit 5pm Spin 6:15pm*	11 Spin 8am* SBT 9:30am Total Tone 5pm Zumba 6pm*	12 Boot Camp 7:30am* Spin 8am* Pilates 9:30am Get Fit 5pm Spin 6:15pm*	13 Spin & Circuit 8am* SBT 9:30am Flex for Life 10:30am* Total Tone 5pm Zumba 6pm*	14 Cardio Blast 9am Spin 9am*
15  Spin 9am* Yoga 11am†	16 Spin 8am* SBT 9:30am Total Tone 5pm Zumba 6:00pm*	17 Boot Camp 7:30am* Spin 8am* Pilates 9:30am Get Fit 5pm Spin 6:15pm*	18 Spin 8am* SBT 9:30am Total Tone 5pm Zumba 6pm*	19 Boot Camp 7:30am* Spin 8am* Pilates 9:30am Get Fit 5pm Spin 6:15pm*	20 Spin & Circuit 8am* SBT 9:30am Flex for Life 10:30am* Total Tone 5pm Zumba 6pm*	21 Cardio Blast 9am Spin 9am*
22  Spin 9am* Yoga 11am†	23 Spin 8am* SBT 9:30am Total Tone 5pm Zumba 6:00pm*	24 Boot Camp 7:30am* Spin 8am* Pilates 9:30am Get Fit 5pm Spin 6:15pm*	25 Spin 8am* SBT 9:30am Total Tone 5pm Zumba 6pm*	26 Boot Camp 7:30am* Spin 8am* Pilates 9:30am Get Fit 5pm Spin 6:15pm*	27 Spin & Circuit 8am* SBT 9:30am Flex for Life 10:30am* Total Tone 5pm Zumba 6pm*	28 Cardio Blast 9am Spin 9am*
29  Spin 9am* Yoga 11am†	30 Spin 8am* SBT 9:30am Total Tone 5pm Zumba 6:00pm*	31 Boot Camp 7:30am* Spin 8am* Pilates 9:30am Get Fit 5pm Spin 6:15pm*				† Extra fee paid directly to instructor * Extra fee for class