

# JANUARY 2018

## THE LAKEWOOD CLUB FITNESS CALENDAR

MON	TUE	WED	THU	FRI
1  <i>No Classes</i> <b>Happy New Year!</b>	2  8:30a Pilates/ Kristin 10:00a Yoga/ Sara H.	3  8:00a Core Fusion/ Sara E. 9:15a Yoga/ Sara E.	4  8:30a Pilates/ Kristin 10:00a Therapeutic Yoga/ Cindy 5:45p Tone/ Lauren	5  8:00a Tone/ Sara E. 9:15a Yoga/ Christina
8  8:00a Tone/ Sara E. 9:15a Yoga/ Sara E. 5:45p Tone/ Lauren	9  8:30a Pilates/ Kristin 10:00a Yoga/ Sara H.	10  8:00a Core Fusion/ Sara E. 9:15a Yoga/ Sara E.	11  8:30a Pilates/ Kristin 10:00a Therapeutic Yoga/ Cindy 5:45p Tone/ Lauren	12  8:00a Tone/ Tanya 9:15a Yoga/ Christina
15  8:00a Tone/ Sara E. 9:15a Yoga/ Sara E. 5:45p Tone/ Lauren	16  8:30a Pilates/ Kristin 10:00a Yoga/ Sara H.	17  8:00a Core Fusion/ Sara E. 9:15a Yoga/ Sara E.	18  8:30a Pilates/ Kristin 10:00a Therapeutic Yoga/ Cindy 5:45p Tone/ Lauren	19  8:00a Tone/ Tanya 9:15a Yoga/ Christina
22  8:00a Tone/ Sara E. 9:15a Yoga/ Sara E. 5:45p Tone/ Lauren	23  8:30a Pilates/ Kristin 10:00a Yoga/ Sara H.	24  8:00a Core Fusion/ Sara E. 9:15a Yoga/ Sara E.	25  8:30a Pilates/ Kristin 10:00a Therapeutic Yoga/ Cindy 5:45p Tone/ Lauren	26  8:00a Tone/Tanya 9:15a Yoga/ Christina
29  8:00a Tone/ Sara E. 9:15a Yoga/ Sara E. 5:45p Tone/ Lauren	30  8:30a Pilates/ Kristin 10:00a Yoga/ Sara H.	31  8:00a Core Fusion/ Sara E. 9:15a Yoga/ Sara E.		