

Carmel Fitness Facility Class Calendar – January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria	6 9:15 Total Strength- Andrea W.	7 8:15 Pilates-Eva 9:15 Cardio Dance/Sculpt- Jenny 10:15 Beg/Intermediate Cardio Sculpt-Jenny	8 9:15 Tabata-Andrea W.	9 8:15 Yoga-Eva 9:15 Circuit Training- Tracie 10:15 Beg/Intermediate Sculpt-Maria	10
11 Join us in Worship 8:00, 9:30 or 11:00	12 8:15 Pilates-Tracie 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria	13 9:15 Total Strength- Jenny	14 8:15 Pilates-Tracie 9:15 Step/Sculpt-Jenny 10:15 Beg/Intermediate Cardio Sculpt-Jenny	15 9:15 Tabata-Jenny	16 8:15 Yoga-Tracie 9:15 Circuit Training- Tracie 10:15 Beg/Intermediate Sculpt-Maria	17
18 Join us in Worship 8:00, 9:30 or 11:00	19 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria	20 9:15 Total Strength- Jenny	21 8:15 Pilates-Eva 9:15 Cardio Dance/Sculpt- Jenny 10:15 Beg/Intermediate Cardio Sculpt-Jenny	22 9:15 Tabata-Jenny	23 8:15 Yoga-Eva 9:15 Circuit Training- Tracie 10:15 Beg/Intermediate Sculpt-Maria	24
25 Join us in Worship 8:00, 9:30 or 11:00	26 8:15 Pilates-Eva 9:15 Zumba-Maria 10:15 Beg/Intermediate Cardio Interval-Maria	27 9:15 Total Strength- Andrea W.	28 8:15 Pilates-Eva 9:15 Step/Sculpt- Jenny 10:15 Beg/Intermediate Cardio Sculpt-Jenny	29 9:15 Tabata-Andrea W.	30 8:15 Yoga-Eva 9:15 Circuit Training- Tracie 10:15 Beg/Intermediate Sculpt-Maria	31