


January

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 <p>1</p>	<p>2</p> <p>5:30-6:15 AM FIT 6:15-6:45 AM FIT 8:30-9:15 AM Stretch & Strengthen 12:00-12:30 PM FIT 4:15 - 5:00 PM Water Aerobics 5:30—6:30 Pm PIYO</p>	<p>3</p> <p>5:30-6:15 AM Cycling 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Pilates</p>	<p>4</p> <p>5:30-6:15 AM FIT 6:15-6:45 AM FIT 8:30-9:15 AM Stretch & Strengthen 9:00-10:00 AM Flex & Stretch 12:00-12:30 PM FIT</p>	<p>5</p>
6	<p>7</p> <p>5:30-6:15 AM FIT 6:15-6:45 AM FIT 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Stretch & Strengthen 9:00-10:00 AM Flex & Stretch 12:00-12:30 PM FIT 4:15-5:00 PM Water Aerobics 5:30-6:30 PM PIYO</p>	<p>8</p> <p>5:30-6:15 AM Cycling 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Pilates 12:00-12:30 PM FIT</p>	<p>9</p> <p>5:30-6:15 AM FIT 6:15-6:45 AM FIT 8:30-9:15 AM Stretch & Strengthen 12:00-12:30 PM FIT 4:15 - 5:00 PM Water Aerobics 5:30—6:30 Pm PIYO</p>	<p>10</p> <p>5:30-6:15 AM Cycling 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Pilates</p>	<p>11</p> <p>5:30-6:15 AM FIT 6:15-6:45 AM FIT 8:30-9:15 AM Stretch & Strengthen 9:00-10:00 AM Flex & Stretch 12:00-12:30 PM FIT</p>	<p>12</p>
13	<p>14</p> <p>5:30-6:15 AM FIT 6:15-6:45 AM FIT 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Stretch & Strengthen 9:00-10:00 AM Flex & Stretch 12:00-12:30 PM FIT 4:15-5:00 PM Water Aerobics 5:30-6:30 PM PIYO</p>	<p>15</p> <p>5:30-6:15 AM Cycling 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Pilates 12:00-12:30 PM FIT</p>	<p>16</p> <p>5:30-6:15 AM FIT 6:15-6:45 AM FIT 8:30-9:15 AM Stretch & Strengthen 12:00-12:30 PM FIT 4:15 - 5:00 PM Water Aerobics 5:30—6:30 Pm PIYO</p>	<p>17</p> <p>5:30-6:15 AM Cycling 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Pilates</p>	<p>18</p> <p>5:30-6:15 AM FIT 6:15-6:45 AM FIT 8:30-9:15 AM Stretch & Strengthen 9:00-10:00 AM Flex & Stretch 12:00-12:30 PM FIT</p>	<p>19</p> <p>Pool Closed for a CAST Swim Meet 8:00 am – 4:00pm</p>
20	<p>21</p> <p>5:30-6:15 AM FIT 6:15-6:45 AM FIT 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Stretch & Strengthen 9:00-10:00 AM Flex & Stretch 12:00-12:30 PM FIT 4:15-5:00 PM Water Aerobics 5:30-6:30 PM PIYO</p>	<p>22</p> <p>5:30-6:15 AM Cycling 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Pilates 12:00-12:30 PM FIT</p>	<p>23</p> <p>5:30-6:15 AM FIT 6:15-6:45 AM FIT 8:30-9:15 AM Stretch & Strengthen 12:00-12:30 PM FIT 4:15 - 5:00 PM Water Aerobics 5:30—6:30 Pm PIYO</p>	<p>24</p> <p>5:30-6:15 AM Cycling 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Pilates</p> <p>Pool Closed for a Carroll High Swim Meet 4:30 pm – 7:30 pm</p>	<p>25</p> <p>5:30-6:15 AM FIT 6:15-6:45 AM FIT 8:30-9:15 AM Stretch & Strengthen 9:00-10:00 AM Flex & Stretch 12:00-12:30 PM FIT</p>	<p>26</p>
27	<p>28</p> <p>5:30-6:15 AM FIT 6:15-6:45 AM FIT 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Stretch & Strengthen 9:00-10:00 AM Flex & Stretch 12:00-12:30 PM FIT 4:15-5:00 PM Water Aerobics 5:30-6:30 PM PIYO</p>	<p>29</p> <p>5:30-6:15 AM Cycling 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Pilates 12:00-12:30 PM FIT</p>	<p>30</p> <p>5:30-6:15 AM FIT 6:15-6:45 AM FIT 8:30-9:15 AM Stretch & Strengthen 12:00-12:30 PM FIT 4:15 - 5:00 PM Water Aerobics 5:30—6:30 Pm PIYO</p>	<p>31</p> <p>5:30-6:15 AM Cycling 6:00-6:45 AM Aquasthenics 8:30-9:15 AM Pilates</p>		