



# JANUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 	<b>2</b> ALL MWR OFFICES CLOSED Super Bowl of Fitness Begins Jan. 3 & runs through Jan. 29	<b>3</b> Strength Training 0615-0700 Pilates 1115-1200 Yoga 1205-1300	<b>4</b> Zumba 0615-0700 P90X 1115-1500 Divorce Support Group Room 2-1-54 1130	<b>5</b> Strength Training 0615-0700 Pilates 1115-1200 Yoga 1205-1300 Massage by Appt	<b>6</b> Yoga 0615-0700 P90X 1115-1500	<b>7</b>
<b>8</b> Circuit Training is Available Every day the Fitness Center is Open! Located next to DAPS Room 2A-B-1	<b>9</b> Step 0615-0700 P90X 1115-1500	<b>10</b> Strength Training 0615-0700 Pilates 1115-1200 Yoga 1205-1300	<b>11</b> Zumba 0615-0700 P90X 1115-1500 Disciplining Kids Lunch & Learn Rm. 2-1-54 1130-1230	<b>12</b> Strength Training 0615-0700 Pilates 1115-1200 Yoga 1205-1300 Massage by Appt	<b>13</b> Yoga 0615-0700 P90X 1115-1500	<b>14</b>
<b>15</b>	<b>16</b> ALL MWR OFFICES CLOSED	<b>17</b> Strength Training 0615-0700 Pilates 1115-1200 Yoga 1205-1300 Fitness Lunch & Learn PGR 1130-1230	<b>18</b> Zumba 0615-0700 P90X 1115-1500	<b>19</b> Strength Training 0615-0700 Pilates 1115-1200 Yoga 1205-1300 Massage by Appt Purse Peddlers! Cafeteria Foyer 0800-1400	<b>20</b> Yoga 0615-0700 P90X 1115-1500	<b>21</b>
<b>22</b>	<b>23</b> Step 0615-0700 P90X 1115-1500	<b>24</b> Strength Training 0615-0700 Pilates 1115-1200 Yoga 1205-1300 Registration Craft & Vendor Fair Kinship Care – Room 2-1-54 1130	<b>25</b> Zumba 0615-0700 P90X 1115-1500	<b>26</b> Strength Training 0615-0700 Pilates 1115-1200 Yoga 1205-1300 Massage by Appt	<b>27</b> Yoga 0615-0700 P90X 1115-1500	<b>28</b>
<b>29</b>	<b>30</b> Step 0615-0700 P90X 1115-1500	<b>31</b> Strength Training 0615-0700 Pilates 1115-1200 Yoga 1205-1300				