



JANUARY EXTRAS

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

FOR MORE INFORMATION,
please visit the Member Services Desk
or call 856-325-5300.



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2	3 "STEPS" WALKING CLUB ROBYN 12 P.M. TRACK	4 RELAX RENEW MARJIE 12 P.M. "STEPS" WALKING CLUB MARLYN 5 P.M. TRACK	5 "STEPS" WALKING CLUB ROBYN 12 P.M. TRACK	6 "STEPS" WALKING CLUB MARLYN 5 P.M. TRACK	7 MEDITATIVE STRETCH DEMO ROBYN 9:30 A.M. MIND/BODY STUDIO	8
9	10 "STEPS" WALKING CLUB ROBYN 12 P.M. TRACK	11 RELAX RENEW MARJIE 12 P.M. HIIT WEIGHT LOSS MARLYN 4 P.M. SMALL GROUP STUDIO "STEPS" WALKING CLUB MARLYN 5 P.M. TRACK	12 "STEPS" WALKING CLUB ROBYN 12 P.M. TRACK	13 "STEPS" WALKING CLUB MARLYN 5 P.M. TRACK FOOD JOURNAL EDUCATION MARLYN 6 P.M. CAFE	14 TRY LINE DANCING 1:30 P.M. STUDIO A (GE CLASS)	15
16	17 FLEXIBILITY ADAM 10 A.M. SMALL GROUP STUDIO "STEPS" WALKING CLUB ROBYN 12 P.M. TRACK	18 RELAX RENEW MARJIE 12 P.M. "STEPS" WALKING CLUB MARLYN 5 P.M. TRACK	19 INTRO TO PICKLEBALL JOE 10 A.M. BASKETBALL CT "STEPS" WALKING CLUB ROBYN 12 P.M. TRACK	20 "STEPS" WALKING CLUB MARLYN 5 P.M. TRACK	21	22
23	24 "STEPS" WALKING CLUB ROBYN 12 P.M. TRACK	25 RELAX RENEW MARJIE 12 P.M. HOME EXERCISE PROGRAM PAIGE 2 P.M. SMALL GROUP STUDIO "STEPS" WALKING CLUB MARLYN 5 P.M. TRACK	26 "STEPS" WALKING CLUB ROBYN 12 P.M. TRACK	27 BUILDING BETTER BALANCE LISA 10 A.M. SMALL GROUP STUDIO "STEPS" WALKING CLUB MARLYN 5 P.M. TRACK	28	29
30	31 "STEPS" WALKING CLUB ROBYN 12 P.M. TRACK					