



JANUARY 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day 	2	3 Body Pump 5:30 AM - K Body Flow 8:30 AM - C Body Pump 4:00 PM - J NO ZUMBA	4 Body Flow 6:15 PM - C Body Pump 7:30 PM - C	5 Body Pump 5:30 AM - K Body Pump 8:30 AM - C Body Pump 4:00 PM - J	6 Body Flow 8:30 AM - C	7 Body Pump 8 AM - C
8	9 Body Pump 8:30 AM - C Body Pump 7:30 PM - K	10 Body Pump 5:30 AM - K Body Flow 8:30 AM - C Body Pump 4:00 PM - J Zumba 7:30 PM - L Zumba at Grade School	11 Body Flow 6:15 PM - C Body Pump 7:30 PM - C	12 Body Pump 5:30 AM - K Body Pump 8:30 AM - C Body Pump 4:00 PM - J	13 Body Flow 8:30 AM - C	14 Body Pump 8 AM - K
15	16 ML King Day Body Pump 7:30 PM - J	17 Body Pump 5:30 AM - K Body Flow 8:30 AM - C Body Pump 4:00 PM - J Zumba 7:30 PM - L Zumba at Grade School	18 Body Flow 6:15 PM - C Body Pump 7:30 PM - C	19 Body Pump 5:30 AM - K Body Pump 8:30 AM - C Body Pump 4:00 PM - J	20 Body Flow 8:30 AM - C	21 Body Pump 8 AM - J
22	23 Body Pump 8:30 AM - C Body Pump 7:30 PM - K LAUNCH 80 "Takin it Back to the 80's"	24 Body Pump 5:30 AM - K Body Flow 8:30 AM - C Body Pump 4:00 PM - J Zumba 7:30 PM - L Zumba at Grade School	25 Body Flow 6:15 PM - C Body Pump 7:30 PM - C	26 Body Pump 5:30 AM - K Body Pump 8:30 AM - C Body Pump 4:00 PM - J	27 Body Flow 8:30 AM - C	28 Body Pump 8 AM - J
29	30 Body Pump 8:30 AM - C Body Pump 7:30 PM - J	31 Body Pump 5:30 AM Body Flow Launch! Body Flow 8:30 AM - C Body Pump 4:00 PM - J Zumba 7:30 PM - L Zumba at Grade School				
			Are you ready to make a change in your life?! Transforming Tremont is back, with a TWIST! Sign up today for this life changing experience and your chance to win more money than we have ever given away before!		Body Pump 80 Launch "Takin it Back to the 80s" Drag out your favorite outfit from the 80s! January 23rd and January 24th Be ready to get GROOVY!!	