

JANUARY 2022

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<p>Hours of Operation Wellness Center: (WINTER HOURS) <u>Monday –Thursday</u> 8am-7pm <u>Friday</u> 8am-5pm Family Health Center: <u>Monday-Thursday</u> 8am-6pm <u>Friday</u> 8am-5pm Main Office: <u>Monday-Friday</u> 8am-5pm Closed for lunch 12-1pm</p>						1
2	3 4pm TRX 5:15pm YOGA FLOW	4 4pm SUPER CIRCUIT 5:30pm SPIN	5	6	7	8
<p style="color: red; font-weight: bold;">Wellness Center Close Group Fitness Classes Cancelled Sorry for the inconvenience</p>						
9	10 WC re-open Group Classes Cancelled	11 5:30pm SPIN	12 4pm TRX	13 4pm SUPER CIRCUIT 5:30pm SPIN	14 8:30am Q&A 12:30pm-1pm STRETCH	15
16	17 <b style="color: red;">NACA CLOSED In observance of Martin Luther King Jr. Day	18 4pm SUPER CIRCUIT 5:30pm SPIN	19 4pm TRX	20 4pm SUPER CIRCUIT 5:30pm SPIN	21 8:30am Q&A 12:30pm-1pm STRETCH	22
23	24 4pm TRX 5:15pm YOGA FLOW	25 4pm SUPER CIRCUIT 5:30pm SPIN	26 4pm TRX	27 4pm SUPER CIRCUIT 5:30pm SPIN	28 8:30am Q&A 12:30pm-1pm STRETCH 10am-2pm HEALTHY HEART	29
30	31 4pm TRX 5:15pm YOGA FLOW	<p>Group Fitness Classes <b style="color: red;">Announcement's <b style="color: green;">Education Classes <b style="color: blue;">Community Events</p>				

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