



JANUARY SCHEDULE

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
				CLOSED FOR THE HOLIDAY	CLOSED FOR THE HOLIDAY	CLOSED FOR THE HOLIDAY
4	5	6	7	8	9	10
	6-7 AM Exercise w/ Temetra (all ages) 7-8 AM Yoga w/ Mary (all ages)	3-5 PM After-School Program 7:30-8:30 PM Zumba w/ Carmen (adults)	3-4 PM Exercise w/ Sam (kids) 4-5 PM Cooking w/ Shelly (kids)	3-5 PM After-School Program 7:30-8:30 PM Vibe Fitness w/ Gino (adults)	6-7 AM Exercise w/ Temetra (all ages) 3-5 PM Family Fun Night w/ Sherry (all ages)	10-11 AM Vibe Fitness w/ Gino (all ages) 11:30 AM-12:30 PM Zumba w/ Lisa (all ages) 1 PM Gardening Workshop w/ Kathi (all ages)
11	12	13	14	15	16	17
	6-7 AM Exercise w/ Temetra (all ages) 7-8 AM Yoga w/ Mary (all ages)	3-5 PM After-School Program 7:30-8:30 PM Zumba w/ Carmen (adults)	3-4 PM Exercise w/ Sam (kids) 4-5 PM Cooking w/ Shelly (kids) 6-7 PM Yoga w/ Melanie (adults)	3-5 PM After-School Program 7:30-8:30 PM Vibe Fitness w/ Gino (adults)	6-7 AM Exercise w/ Temetra (all ages) 3-5 PM Family Fun Night w/ Sherry (all ages)	10-11 AM Vibe Fitness w/ Gino (all ages) 11:30 AM-12:30 PM Zumba w/ Lisa (all ages) 1:30-2:30 PM Nutrition w/ Shelly (all ages) 2:30-3:30 PM Cooking with Shelly (all ages)
18	18	20	21	22	23	24
	6-7 AM Exercise w/ Temetra (all ages) 7-8 AM Yoga w/ Mary (all ages)	3-5 PM After-School Program 7:30-8:30 PM Zumba w/ Carmen (all ages)	3-4 PM Exercise w/ Sam (kids) 4-5 PM Cooking w/ Shelly (kids) 6-7 PM Yoga w/ Melanie (adults)	3-5 PM After-School Program 7:30-8:30 PM Vibe Fitness w/ Gino (adults)	6-7 AM Exercise w/ Temetra (all ages) 3-5 PM Family Fun Night w/ Sherry (all ages)	10-11 AM Vibe Fitness w/ Gino (all ages) 11:30 AM-12:30 PM Zumba w/ Lisa (all ages)
25	26	27	28	29	30	31
	6-7 AM Exercise w/ Temetra (all ages) 7-8 AM Yoga w/ Mary (all ages)	3-5 PM After-School Program 7:30-8:30 PM Zumba w/ Carmen (adults)	3-4 PM Exercise w/ Sam (kids) 4-5 PM Cooking w/ Shelly (kids) 6-7 PM Yoga w/ Melanie (adults)	3-5 PM After-School Program 7:30-8:30 PM Vibe Fitness w/ Gino (adults)	6-7 AM Exercise w/ Temetra (all ages) 3-5 PM Family Fun Night w/ Sherry (all ages)	

Questions? Call Samantha, the Hapi manager: 909-296-6757. Also, stop by for information at the Community Center.