



You don't need a **resolution** to start working out!

Soon you will be **looking good** and **feeling fantastic!!**

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		JAN 31! 12:15 Free Pilates Class	1 CORE FIT 12:15 AND 5:15	2
5 CORE FIT 12:15 – 1	6 CORE FIT 12:15 AND 5:15	7 FREE YOGA CLASS 12:15	8 CORE FIT 12:15 AND 5:15	9
12 CORE FIT 12:15 – 1	13 CORE FIT 12:15 AND 5:15	14 FREE YOGA CLASS 12:15	15 CORE FIT 12:15 AND 5:15	16
19 NO CLASS STATE HOLIDAY	23 CORE FIT 12:15 AND 5:15	24 12:15-1 Yoga with Alexa	25 CORE FIT 12:15 AND 5:15	26
29 CORE FIT 12:15 – 1	30 CORE FIT 12:15 AND 5:15 All classes on S-level Monroe Bldg.	31 12:15-1 Yoga with Alexa	Note how much weight Frosty has lost → It's not just water weight! 	