



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

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

Updated January 8th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 All classes on S- level Monroe Bldg.	2) All classes on S- level Monroe Bldg.	3 Yoga Classes	4 CORE FIT 12:15 AND 5:15	5 Yoga 12:15 - 1
8 CORE FIT 12:15 – 1	9 CORE FIT 12:15 AND 5:15	10 Last Yoga with Heather	11 CORE FIT 12:15 AND 5:15	12 NO CLASS TODAY (STATE HOLIDAY)
15 NO CLASS TODAY (STATE HOLIDAY)	16 CORE FIT 12:15 AND 5:15	17 No Yoga	18 CORE FIT 12:15 AND 5:15	19 No Yoga
22 CORE FIT 12:15 – 1	23 CORE FIT 12:15 AND 5:15	24 No Yoga	25 CORE FIT 12:15 AND 5:15	26 No Yoga
29 CORE FIT 12:15 – 1	30 CORE FIT 12:15 AND 5:15	31	Note how much weight Frosty has lost → It's not just water weight!	