

January

UPCOMING EVENTS

CHECK OUT SEPARATE POSTINGS FOR FULL EVENT ON OUR SAVE-TH-DATE/REGISTRATION WALL NEAR THE FRONT DESK!
FLYERS & EVENT DETAILS ON EACH

Sunday

1

**New Year's Day:
Special Classes**

Tuesday

10

**Group Swim Lessons
Winter Session 1
Starts**

Monday

16

**Biggest Loser
Challenge Starts**

Monday

2

**UPCOMING SERIES:
Mindfulness
Meditation FREE
Class Demo**

Wednesday

11

**Youth Running
Club Winter
Session Starts**

Wednesday

18

**ActivMotion
Training Pop-Up
Class**

Monday

2

**Winter Racquetball
League Starts**

Wednesday

11

**Youth Martial Arts
Winter Session 1
Starts**

Friday

20

Parent's Night Out

Tuesday

3

**UPCOMING SERIES:
Mindfulness
Meditation FREE
Class Demo**

Friday

13

**Barre Burn Pop-
Up Class**

Sunday

22

**Lifeguard Re-
Certification**

Wednesday

4

**Pilates Fitness
Fusion Workshop:
Pilates & the Big Ball**

Friday

13

**Family Dive-In
Movie: RUMBLE**

Thursday

26

**Weight Training
101 Workshop w/
Trainer Rom**

Saturday

7

**Mindfulness
Meditation w/
Balance By Kate
Series Starts**

Friday

13

**New Year, New You
Zumba/WERQ
Dance Party Event**

Friday

27

**Come Line Up!
Low-Impact Line
Dancing Evening
Pop-Up Class**