

JANUARY SEE YOU AT THE CLUB! 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HAPPY NEW YEAR!!!						1 PRIME RIB DINNER
2 -Pilates 6:30-7:30am	3 -Yoga 9:30-11am -Low Impact/Circuit 4:30-5:30pm	4 -Pilates 6:30-7:30am -Aqua 9:30-10:30am Lunch/Dinner	5 -Low Impact/Circuit 4:30-5:30pm	6 -Pilates/Yoga 9-10am -Aqua Rehab 11:30am-12:30pm -Art Murrur walk 5pm dinner @club 7:00p -Dinner at 5:30-8pm	7 -Low Impact/Circuit 8:30-9:30am	8 DINNER
9 -Pilates 6:30-7:30am	10 -Yoga 9:30-11am -Low Impact/Circuit 4:30-5:30pm	11 -Pilates 6:30-7:30am -Aqua 9:30-10:30am Board Meeting 6pm Lunch	12 -Low Impact/Circuit 4:30-5:30pm -Bus to Legion of Honor 1pm -Full Member party 5pm	13 -Pilates/Yoga 9-10am -Aqua Rehab 11:30am-12:30pm - DINNER at 5:30pm	14 -Low Impact/Circuit 8:30-9:30am	15 DINNER
16 -Pilates 6:30-7:30am	17 -Yoga 9:30-11am -Low Impact/Circuit 4:30-5:30pm	18 -Pilates & Aqua - Winesday 5:30pm - Book Group -Partners Bridge 4-6pm CL/MDR Lunch/Dinner	19 -Low Impact/Circuit 4:30-5:30pm	20 -Pilates/Yoga 9-10am -Aqua Rehab 11:30am-12:30pm - DINNER at 5:30pm	21 -Low Impact/Circuit 8:30-9:30am	22 -CRAB FEED DINNER
23 / 30 Pilates 6:30 am	24/31 -Yoga 9:30-11am -Low Impact/Circuit 4:30-5:30pm	25 - Pilates 6:30-7:30am -Aqua 9:30-10:30am -Marathon Bridge 11am ML Lunch	26 -Low Impact/Circuit 4:30-5:30pm -Lunch 11:30 Symphony Bus 12:45pm Cocktails after Symphony	27 -Pilates/Yoga 9-10am -Aqua Rehab 11:30am-12:30pm - Oakland Symphony Pre- Fixe Dinner @5:00pm - Poets Corner 5:45pm - DINNER at 5:30pm	28 -Low Impact/Circuit 8:30-9:30am	29 Brunch 10:30 – 1:30 NO DINNER