






























JANUARY 2007

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>*January JUMPSTART “New Year ~ New Start” (See flyer for more details)</p>	<p>1 A Happy New Year! </p> <p>3 WALKING TRACK 3:30-6:00pm FITNESS 4:45-5:15 or 5:15-6pm</p>	<p>2  ADULT ED MIDDLE EASTERN CUISINE 4:45-5:45pm</p>	<p>3</p> <p> AQUA FITNESS 6:00-7:30pm</p>	<p>4</p> <p> DANCE FITNESS 6:00-6:30pm or 6:30-7:00pm</p>	<p>5 OPEN MUSIC DRUM CIRCLE 6:30-7:15pm SING-A-LONG 7:15-8:00pm</p>	<p>6</p> <p> NEW TIME  AQUA FITNESS 11am-12:00pm</p>
<p>7</p> <p>“LET’S GET FIT HOUSE SAMPLER” 12:30pm-2:30pm (See back for details)</p>	<p>8 BINGO 7:00pm-8:00pm \$2.00 SWC</p> <p> FITNESS 4:45-5:15 or 5:15-6pm</p>	<p>9  ADULT ED MIDDLE EASTERN CUISINE 4:45-5:45pm</p>	<p>10  ADULT ED CLAY EXPLORATION PART 2 4:30-5:30pm SWC Art Room</p> <p> AQUA FITNESS 6:00-7:30pm</p>	<p>11</p> <p> DANCE FITNESS 6:00-6:30pm or 6:30-7:00pm</p>	<p>12 UNION GROVE DROP-IN DANCE 7:00-10:00pm \$6.00</p>	<p>13</p> <p> NEW TIME  AQUA FITNESS 11am-12:00pm</p>
<p>14 \$2.00 Materials Fee OPEN ART STUDIO Level 1: 1:00pm-1:45pm Level 2: 2:00pm-3:00pm</p>	<p>15 MARTIN LUTHER KING JR. DAY </p> <p>3 WALKING TRACK 3:30-6:00pm  FITNESS 4:45-5:15 or 5:15-6pm</p>	<p>16  ADULT ED MIDDLE EASTERN CUISINE 4:45-5:45pm</p>	<p>17 HALF DAY EARLY SWIM  2:00-4:00pm</p>	<p>18</p> <p> DANCE FITNESS 6:00-6:30pm or 6:30-7:00pm</p>	<p>19</p>	<p>20  NEW TIME  AQUA FITNESS 11am-12:00pm</p> <p> ADULT ED WINTER CRAFTS Level 1 12:30-1:30pm</p>
<p>21 OPEN MUSIC DRUM CIRCLE 6:00-6:45pm SING-A-LONG 6:45-7:30pm</p>	<p>22 BINGO 7:00pm-8:00pm \$2.00 SWC</p> <p> FITNESS 4:45-5:15 or 5:15-6pm</p>	<p>23  ADULT ED WINTER CRAFTS Level 2 6:00-7:00pm</p>	<p>24  ADULT ED CLAY EXPLORATION SESSION 2 4:30-5:30pm SWC Art Room</p> <p> AQUA FITNESS 6:00-7:30pm</p>	<p>25</p> <p> DANCE FITNESS 6:00-6:30pm or 6:30-7:00pm</p>	<p>26</p>	<p>27  NEW TIME  AQUA FITNESS 11am-12:00pm</p> <p>“LET’S GET FIT HOUSE SAMPLER” 10:30am-12:30pm (See back for details)</p>
<p>28 \$2.00 Materials Fee OPEN ART STUDIO Level 1: 1:00pm-1:45pm Level 2: 2:00pm-3:00pm</p>	<p>29</p> <p> FITNESS 4:45-5:15 or 5:15-6pm</p>	<p>30</p>	<p>31</p> <p> AQUA FITNESS 6:00-7:30pm</p>	<p><i>All activities take place at the Sollar Wellness Center (SWC) unless otherwise noted.</i></p> <p> = ADULT EDUCATION CLASSES Shaded areas are Open to Community Participants. Pre-registration required.</p> <p> NEW Please note the new time for Swim!</p> <p><i>*JANUARY JUMPSTART “New Year ~ New Start”</i> Administrative staff will assist at fitness classes this month to get you started on your fitness goals in 2007! Come on down! You never know who you will see!</p> <p>3 WALKING TRACK is open at 3:30pm on January 1st and 15th holidays.</p>		