

JANUARY 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>* = Community Fitness (Mon. 6:15-7pm) RAH = Ray Assembly Hall</p>		<p>For more information: Ginger x204, Colleen x205, Susannah x202, Kim x208, Melanie x207, Sean x212</p>		<p>1 </p>	<p>2</p>	<p>3</p> <p> AQUA FITNESS 10:30-11:30am (see back for assigned swim times)</p>
<p>4</p> <p>OPEN ART STUDIO Level 1: 1:00pm-1:45pm Level 2: 2:00pm-3:00pm \$2.00 Materials Fee</p>	<p>5*</p> <p><small>ADULT ED</small> History of Rock & Roll 7:00-8:00pm</p> <p> FITNESS (See back for team times)</p>	<p>6</p> <p> Acting Class 6:30-8:00pm RAH</p>	<p>7</p> <p> AQUA FITNESS 5:00-6:00pm (see back for assigned swim times)</p>	<p>8</p> <p> AQUA FITNESS 6:30-7:30pm (see back for assigned swim times)</p> <p> FITNESS L1 6:00-6:30pm or L2 6:30-7:00pm</p>	<p>9</p> <p>Union Grove Drop-In Dance 7-10pm \$6.00</p>	<p>10</p> <p>Open Music 1:00-2:30pm</p> <p>Fitness check-in with Kim</p> <p> AQUA FITNESS 10:30-11:30am (see back for assigned swim times)</p>
<p>11</p> <p>SWC Open 12:30-3:30pm</p>	<p>12*</p> <p><small>ADULT ED</small> History of Rock & Roll 7:00-8:00pm</p> <p> FITNESS (See back for team times)</p>	<p>13</p> <p> Acting Class 6:30-8:00pm RAH</p>	<p>14</p> <p><small>ADULT ED</small> Winter Crafts Level 1 4:30-5:30pm Level 2 5:30-6:30pm</p> <p> AQUA FITNESS 5:00-6:00pm (see back for assigned swim times)</p>	<p>15</p> <p> AQUA FITNESS 6:30-7:30pm (see back for assigned swim times)</p> <p> FITNESS L1 6:00-6:30pm or L2 6:30-7:00pm</p>	<p>16</p>	<p>17</p> <p> AQUA FITNESS 10:30-11:30am (see back for assigned swim times)</p>
<p>18</p> <p>OPEN ART STUDIO Level 1: 1:00pm-1:45pm Level 2: 2:00pm-3:00pm \$2.00 Materials Fee</p>	<p>19 Martin Luther King, Jr. Day</p> <p>Bingo 7-8pm \$2.00/card</p> <p> FITNESS (see back for team times)</p>	<p>20</p> <p> Acting Class 6:30-8:00pm RAH</p>	<p>21</p> <p><small>ADULT ED</small> Healthy Baking 6:30-7:30pm</p> <p> Early Swim 2:00-3:00pm (see back for assigned swim times)</p>	<p>22</p> <p> AQUA FITNESS 6:30-7:30pm (see back for assigned swim times)</p> <p> FITNESS L1 6:00-6:30pm or L2 6:30-7:00pm</p>	<p>23</p> <p>MAI Band Concert 6:30-8:00pm RAH</p> <p></p>	<p>24</p> <p>Fitness check-in with Kim</p> <p> AQUA FITNESS 10:30-11:30am (see back for assigned swim times)</p>
<p>25</p> <p>SWC Open 12:30-3:30pm</p>	<p>26*</p> <p><small>ADULT ED</small> History of Rock & Roll 7:00-8:00pm</p> <p> FITNESS (see back for team times)</p>	<p>27</p> <p> Acting Class 6:30-8:00pm RAH</p>	<p>28</p> <p><small>ADULT ED</small> Healthy Baking 6:30-7:30pm</p> <p> AQUA FITNESS 5:00-6:00pm (see back for assigned swim times)</p>	<p>29</p> <p> AQUA FITNESS 6:30-7:30pm (see back for assigned swim times)</p> <p> FITNESS L1 6:00-6:30pm or L2 6:30-7:00pm</p>	<p>30</p>	<p>31</p> <p> AQUA FITNESS 10:30-11:30am (see back for assigned swim times)</p>

Adult Ed Classes: Shaded gray areas are open to Community participants. All events take place at the Sollar Wellness Center unless otherwise noted.

****Top Ten Stations are available during all hours the SWC is open.**