

GROUP FITNESS SCHEDULE

Non-Members Welcome



January
2010



Monday	Tuesday	Wednesday	Thursday	Friday
				1 CLOSED
4 <u>YOGA/ TRACA</u> 5:30-6:30PM \$9.00 per Class	5 <u>SENIOR FITNESS/JODI/LISA</u> 9:00-10:00AM \$3.00 per Class <u>PRENATAL YOGA/STACY</u> 6:00-7:00pm	6 <u>YOGA/ TRACA</u> 12:15-1:15PM ***\$9.00 per Class	7 <u>SENIOR FITNESS/JODI/LISA</u> 9:00-10:00AM \$3.00 per Class <u>LEVEL 2 YOGA/MELORA</u> 12:15-1:15PM ***\$9.00 per Class	8
11 <u>KIDS IN MOTION/JENNIFER</u> 10:00-10:30AM \$6.00 per class <u>YOGA/ TRACA</u> 5:30-6:30PM \$9.00 per Class	12 <u>SENIOR FITNESS/JODI/LISA</u> 9:00-10:00AM \$3.00 per Class <u>PRENATAL YOGA/STACY</u> 6:00-7:00pm	13 <u>YOGA/ TRACA</u> 12:15-1:15PM ***\$9.00 per Class	14 <u>SENIOR FITNESS/JODI/LISA</u> 9:00-10:00AM \$3.00 per Class <u>LEVEL 2 YOGA/MELORA</u> 12:15-1:15PM ***\$9.00 per Class	15
18 <u>KIDS IN MOTION/JENNIFER</u> 10:00-10:30AM \$6.00 per class <u>YOGA/ TRACA</u> 5:30-6:30PM \$9.00 per Class	19 <u>SENIOR FITNESS/JODI/LISA</u> 9:00-10:00AM \$3.00 per Class <u>PRENATAL YOGA/STACY</u> 6:00-7:00pm	20 <u>YOGA/ TRACA</u> 12:15-1:15PM ***\$9.00 per Class	21 <u>SENIOR FITNESS/JODI/LISA</u> 9:00-10:00AM \$3.00 per Class <u>LEVEL 2 YOGA/MELORA</u> 12:15-1:15PM ***\$9.00 per Class	22
25 <u>KIDS IN MOTION/JENNIFER</u> 10:00-10:30AM \$6.00 per class <u>YOGA/ TRACA</u> 5:30-6:30PM \$9.00 per Class	26 <u>SENIOR FITNESS/JODI/LISA</u> 9:00-10:00AM \$3.00 per Class <u>PRENATAL YOGA/STACY</u> 6:00-7:00pm	27 <u>YOGA/ TRACA</u> 12:15-1:15PM ***\$9.00 per Class	28 <u>SENIOR FITNESS/JODI/LISA</u> 9:00-10:00AM \$3.00 per Class <u>LEVEL 2 YOGA/MELORA</u> 12:15-1:15PM ***\$9.00 per Class	29

The M.O.G.

29 Foden Rd. South Portland, Maine 04106 (207) 347-3030

***WEDNESDAY YOGA/TRACA AND THURSDAY LEVEL 2 YOGA/ MELORA ARE INCLUDED WITH FC MEMEBERSHIP

Classes may be cancelled or changed at anytime due to lack of participation