

JANUARY 2016 | Downtown

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Key: FO #1 –Fitness Office top of the stairs FO#2 – Fitness Office (follow the track) PT – Physical Therapy					1 Happy New Year! Club opens at 8:00am	2 Final Weigh-in for CTM! Weigh-in (PT): 9:00-10:30am Meeting: CANCELLED
3	4 Weigh-in: (FO#2) 8:00-8:30am Weigh-in: (FO#1) 5:00-5:30pm Exercises 101: 5:30-6:15pm <i>(Shoulder Exercises)</i> Weigh-in: 6:15-6:30pm	5 Weigh-in: (FO#2) 6:30am-7:00am Weigh-in: (FO#2) 11:00am-12:00pm	6 Weigh-in: (FO#1) 6:00-7:00pm	7	8 Weigh-in: (FO #2) 12:30-1:00pm	9 Weigh-in: (PT) 9:15-9:30am Meeting: 9:30-10:00am <i>"How to Make Your New Year's Resolution Stick: Part 1"</i> Weigh-in: 10:00-10:45am
10	11 Weigh-in: (FO#2) 8:00-8:30am Weigh-in: (FO#1) 5:00-5:30pm Exercises 101: 5:30-6:15pm <i>(Tricep & Bicep Exercises)</i> Weigh-in: 6:15-6:30pm	12 Weigh-in: (FO#2) 6:30am-7:00am Weigh-in: (FO#2) 11:00am-12:00pm	13 Weigh-in: (FO#1) 6:00-7:00pm	14	15 Weigh-in: (FO #2) 12:30-1:00pm	16 Weigh-in: (PT) 9:15-9:30am Meeting: 9:30-10:00am <i>"How to Make Your New Year's Resolution Stick: Part 2"</i> Weigh-in: 10:00-10:45am
17	Winter Crazy8's Begins this week! 18 Weigh-in: (FO#2) 8:00-8:30am Weigh-in: (FO#1) 5:00-5:30pm Exercises 101: 5:30-6:15pm <i>(Leg Exercises)</i> Weigh-in: 6:15-6:30pm	19 Weigh-in: (FO#2) 6:30am-7:00am Weigh-in: (FO#2) 11:00am-12:00pm	20 Weigh-in: (FO#2) 11:30-12:00pm Weigh-in: (FO#1) 6:00-7:00pm	21	22 Weigh-in: (FO #2) 12:30-1:00pm	23 Final Opportunity to weigh-in for Winter Crazy 8's! Weigh-in: (PT) 9:15-10:45am Meeting: CANCELLED
24	25 Weigh-in: (FO#2) 8:00-8:30am Weigh-in: (FO#1) 5:00-5:30pm Exercises 101: 5:30-6:15pm <i>(Core Exercises)</i> Weigh-in: 6:15-6:30pm	26 Weigh-in: (FO#2) 6:30am-7:00am Weigh-in: (FO#2) 11:00am-12:00pm	27 Weigh-in: (FO#2) 11:30-12:00pm Weigh-in: (FO#1) 6:00-7:00pm	28	29 Weigh-in: (FO #2) 12:30-1:00pm	30 Weigh-in: (PT) 9:15-9:30am Meeting: 9:30-10:00am <i>"Breakfast on the Go!"</i> Weigh-in: 10:00-10:45am