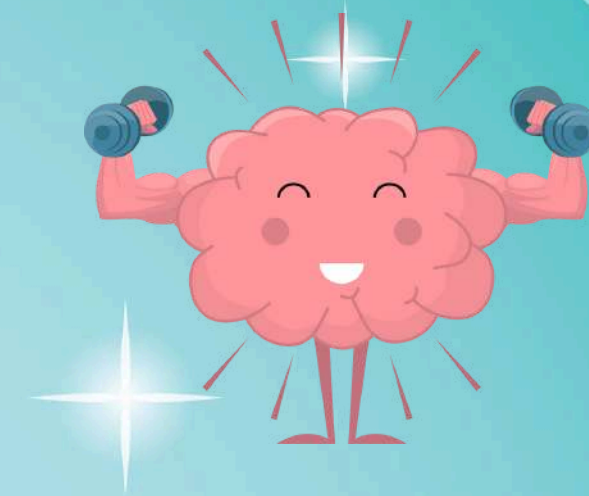


NEW YEAR,  
NEW ME:)

HELLO  
January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 10AM Tai Chi with Meena	7 8:30AM Yoga with Jennifer	8 10AM Aerobics with Carolyn	9	10 11:15AM Stretch with Meena	11
12	13 10AM Tai Chi with Meena	14 8:30AM Yoga with Jennifer	15 10AM Aerobics with Carolyn	16	17 11:15AM Stretch with Meena	18
19	20 10AM Tai Chi with Meena	21 8:30AM Yoga with Jennifer	22 10AM Aerobics with Carolyn	23	24 11:15AM Stretch with Meena	25
26	27 10AM Tai Chi with Meena	28 8:30AM Yoga with Jennifer	29 10AM Aerobics with Carolyn	30	31 11:15AM Stretch with Meena	