




# January 2015 [dynamitepersonalfitness@gmail.com](mailto:dynamitepersonalfitness@gmail.com) **HAPPY NEW YEAR**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Start the New Year off on the Right foot- Find a fitness program for you!!</p>	<p>All session with Charity Kaizer All week day daytime sessions are adult oriented so low impact = no jumping</p>	<p>Beginner and returning- light workouts and harder ones – ask for help if you aren't sure which one is for you!!</p>	<p>***Number of weeks behind program is if you sign up for full session at the start--- sign up for single programs-- you can sign up and pay monthly---will accommodate shift workers and pro rate programming- please ask for your pricing Fitness for everyone!!</p>	<p>1 HAPPY NEW YEAR NO SESSIONS/CLASSES</p> 	<p>2 NO SESSIONS/CLASSES</p> 	<p>3 NO SESSIONS/CLASSES</p>
<p>4 **colour legend GREEN= at St Margaret's Centre Purple= Prospect Road Community Centre Blue= Palookas Drk Orange = Giant Steps 15 French Village station Rd</p>	<p>5 Back to school  NO SESSIONS/CLASSES</p>	<p>6 1<sup>st</sup> day back to fitness Welcome  5:05pm BootCamp Metabolic 9 wks</p>	<p>7 11am HEAD2TOE WEIGHTS 8  5:05pm AABs 9weeks 6:15pm Work it with cardio n core 9 weeks 7:30pm Weight n yoga combo class 9weeks</p>	<p>8  5:05pm BootCamp Metabolic 9 wks 6:30pm Kickboxing 9 wks</p>	<p>9  11am AABS= arms abs and butt weight training 8 weeks</p>	<p>10</p>
<p>11 9:30 am Winter Outdoor Bootcamp 11am Metabolic Energizer 5pm How to's of weights for Beginners 6 weeks 6pm Work it with Cardio n Core 9 7pm Kickboxing 9 wks</p>	<p>12  11am On the Ball with Weights 1/6 5:05pm AAbs 10 wks  7pm Zumba 10 wks 8pm Core Yoga 10wks</p>	<p>13  5:05pm BootCamp 6:30pm Yoga Palookas 8:05pm Zumba 8 weeks</p>	<p>14 11am HEAD2TOE WEIGHTS  5:05pm AABs 6:15pm Work it with cardio n core 7:30pm Weight n yoga combo class</p>	<p>15  5:05pm BootCamp Metabolic 6:30pm Kickboxing</p>	<p>16  11am AABS= arms abs and butt weight training</p>	<p>17 9 am Cardio n Core 6 wks</p>
<p>18 9:30 am Winter Outdoor Bootcamp 11am Metabolic Energizer  5pm How to's of weights for Beginners 2/6 6pm Work it with Cardio n Core 7pm Kickboxing</p>	<p>19 11am On the Ball with Weights 1/6 5:05pm AAbs 10 wks  7pm Zumba 10 wks 8pm Core Yoga 10wks</p>	<p>20  5:05pm BootCamp 6:30pm Yoga Palookas 8:05pm Zumba 8 weeks</p>	<p>21 11am HEAD2TOE WEIGHTS  5:05pm AABs 6:15pm Work it with cardio n core 7:30pm Weight n yoga combo class</p>	<p>22  5:05pm BootCamp Metabolic 6:30pm Kickboxing</p>	<p>23 11am AABS= arms abs and butt weight training</p>	<p>24 9 am Cardio n Core</p>
<p>25 9:30 am Winter Outdoor Bootcamp 11am Metabolic Energizer 5pm How to's of weights for Beginners 3/6 6pm Work it with Cardio n Core 7pm Kickboxing</p>	<p>26 11am On the Ball with Weights 1/6 5:05pm AAbs 10 wks  7pm Zumba 10 wks 8pm Core Yoga 10wks</p>	<p>27 9:30am Mom n me workout 6weeks 5:05pm BootCamp 6:30pm Yoga Palookas 8:05pm Zumba 8 weeks</p>	<p>28 11am HEAD2TOE WEIGHTS 5:05pm AABs 6:15pm Work it with cardio n core 7:30pm Weight n yoga combo class</p>	<p>29  5:05pm BootCamp Metabolic 6:30pm Kickboxing</p>	<p>30 11am AABS= arms abs and butt weight training</p>	<p>31 9 am Cardio n Core</p>

