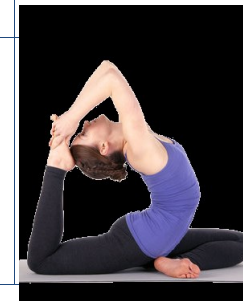


January Fitness Calendar

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|----------------------|--|--|-----|--|
|  | 1 Aqua Aerobics 8:30am Yoga 5pm | 2 Yoga 8:30am | 3 Aqua Aerobics 8:30am Yoga 5pm | 4 Yoga/Pilates Fusion 8:30am | 5 | 6 Yoga 8:30am ADK Wildlife 7pm |
| 7 Peak Physique 9am | 8 Aqua Aerobics 8:30am Yoga 5pm | 9 Yoga 8:30am | 10 Aqua Aerobics 8:30am Yoga 5pm | 11 Yoga/Pilates Fusion 8:30am | 12 | 13 Yoga 8:30am |
| 14 Peak Physique 9am | 15 Aqua Aerobics 8:30am Yoga 5pm | 16 Yoga 8:30am | 17 Aqua Aerobics 8:30am Yoga 5pm | 18 Yoga/Pilates Fusion 8:30am | 19 | 20 Yoga 8:30am LP Skate Show 7pm |
| 21 Peak Physique 9am | 22 Aqua Aerobics 8:30am Yoga 5pm | 23 Yoga 8:30am | 24 Aqua Aerobics 8:30am Yoga 5pm | 25 Yoga/Pilates Fusion 8:30am | 26 | 27 Yoga 8:30am Birds of Prey 7pm |
| 28 Peak Physique 9am | 29 Aqua Aerobics 8:30am Yoga 5pm | 30 Yoga 8:30am | 31 Aqua Aerobics 8:30am Yoga 5pm | | | |



The Spa

Open 8am-8pm