

# WELLNESS CALENDAR

# FEBRUARY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>1</b></p> <p>Aquatic Hardcore with Lamont Arnold 7-7:45am</p>	<p><b>2</b></p> <p>F.I.T. with Mollie Moyer 7am &amp; 6pm   Move Studio</p> <p>Aquatic Hardcore with Lamont Arnold 11-11:45am &amp; 7-7:45pm</p> <p>Belly Dance Basics with Shems 6pm   Flow Studio</p>	<p><b>3</b></p> <p>Aquatic Hardcore with Lamont Arnold 7-7:45am</p> <p>Prenatal H2O with Debbie Tracy 6-7pm</p> <p>Kids Fitness Fusion with Alison Jethwa 10-10:45am   Empower</p>	<p><b>4</b></p> <p>Belly Dance Basics with Shems 6pm   Flow Studio</p> <p>Belly Dance Essentials with Shems 8:15pm   Energy Studio</p> <p>Technique &amp; Musicality with Shems 7:15pm   Energy Studio</p>	<p><b>5</b></p>	<p><b>6</b></p> <p>Spin Flex with Alison Schlenger 10-11am   Ride Studio</p> <p>Prenatal H2O with Debbie Tracy 11-12pm</p> <p>Itsy Bitsy Yoga with Kay Smith 11-12pm   Flow Studio</p>
<p><b>7</b></p> <p>Kids Fitness Fusion with Alison Jethwa 10-10:45am   Empower</p> <p><b>Kinesis</b> Foundation I   10-10:30a Foundation II   11-11:30a Experience   12-12:30p Move Studio</p>	<p><b>8</b></p> <p>Aquatic Hardcore with Lamont Arnold 7-7:45am</p>	<p><b>9</b></p> <p>F.I.T. with Mollie Moyer 7am &amp; 6pm   Move Studio</p> <p>Aquatic Hardcore with Lamont Arnold 11-11:45am &amp; 7-7:45pm</p> <p>Belly Dance Basics with Shems 6pm   Flow Studio</p>	<p><b>10</b></p> <p>Aquatic Hardcore with Lamont Arnold 7-7:45am</p> <p>Prenatal H2O with Debbie Tracy 6-7pm</p> <p>Kids Fitness Fusion with Alison Jethwa 10-10:45am   Empower</p>	<p><b>11</b></p> <p><b>Healthy Cooking Demonstration &amp; Workshop with Roy's</b> 5:30-7:30pm *Register in advance</p> <p>Belly Dance Basics with Shems 6pm   Flow Studio</p>	<p><b>12</b></p> <p><b>Charity Dodgeball Tournament for Haitian Relief</b> 4:00-8:00pm MAC Timonium *Register in advance</p> <p>Kids Club Date Night 6-9pm</p>	<p><b>13</b></p> <p>Boxing Intensives with Wayne McFadden 9:30am   Empower</p> <p>Spin Flex with Alison Schlenger 10-11am   Ride Studio</p> <p>Itsy Bitsy Yoga with Kay Smith 11-12pm   Flow Studio</p>
<p><b>14</b></p> <p>Kids Fitness Fusion with Alison Jethwa 10-10:45am   Empower</p> <p><b>Kinesis</b> Foundation I   10-10:30a Foundation II   11-11:30a Experience   12-12:30p Move Studio</p>	<p><b>15</b></p> <p>Aquatic Hardcore with Lamont Arnold 7-7:45am</p>	<p><b>16</b></p> <p>F.I.T. with Mollie Moyer 7am &amp; 6pm   Move Studio</p> <p>Aquatic Hardcore with Lamont Arnold 11-11:45am &amp; 7-7:45pm</p> <p>Belly Dance Basics with Shems 6pm   Flow Studio</p>	<p><b>17</b></p> <p>Aquatic Hardcore with Lamont Arnold 7-7:45am</p> <p>Prenatal H2O with Debbie Tracy 6-7pm</p> <p>Kids Fitness Fusion with Alison Jethwa 10-10:45am   Empower</p>	<p><b>18</b></p> <p>Belly Dance Basics with Shems 6pm   Flow Studio</p> <p>Belly Dance Essentials with Shems 8:15pm   Energy Studio</p> <p>Technique &amp; Musicality with Shems 7:15pm   Energy Studio</p>	<p><b>19</b></p>	<p><b>20</b></p> <p>Spin Flex with Alison Schlenger 10-11am   Ride Studio</p> <p>Prenatal H2O with Debbie Tracy 11-12pm</p> <p>Itsy Bitsy Yoga with Kay Smith 11-12pm   Flow Studio</p>
<p><b>21</b></p> <p><b>Kinesis</b> Foundation I   10-10:30a Foundation II   11-11:30a Experience   12-12:30p Move Studio</p>	<p><b>22</b></p> <p>Aquatic Hardcore with Lamont Arnold 7-7:45am</p>	<p><b>23</b></p> <p>F.I.T. with Mollie Moyer 7am &amp; 6pm   Move Studio</p> <p>Aquatic Hardcore with Lamont Arnold 11-11:45am &amp; 7-7:45pm</p> <p>Belly Dance Basics with Shems 6pm   Flow Studio</p>	<p><b>24</b></p> <p>Aquatic Hardcore with Lamont Arnold 7-7:45am</p> <p>Prenatal H2O with Debbie Tracy 6-7pm</p>	<p><b>25</b></p> <p>Belly Dance Basics with Shems 6pm   Flow Studio</p> <p>Belly Dance Essentials with Shems 8:15pm   Energy Studio</p> <p>Technique &amp; Musicality with Shems 7:15pm   Energy Studio</p>	<p><b>26</b></p> <p>Kids Club Date Night 6-9pm</p>	<p><b>27</b></p> <p>Boxing Intensives with Wayne McFadden 9:30am   Empower</p> <p>Spin Flex with Alison Schlenger 10-11am   Ride Studio</p> <p>Itsy Bitsy Yoga with Kay Smith 11-12pm   Flow Studio</p>
<p><b>28</b></p> <p><b>Kinesis</b> Foundation I   10-10:30a Foundation II   11-11:30a Experience   12-12:30p Move Studio</p>						

All of our programs are open to members and non-members!