
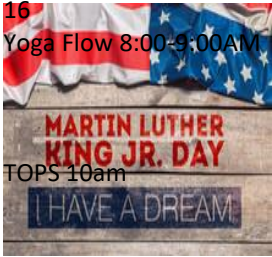


The Answer Fitness Classes

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> 	<p>2</p> <p>Yoga Flow 8:00-9:00AM</p> <p>TOPS 10am</p>	<p>3 No Silver Sneakers Classes today</p> <p>Beginner Pickle Ball 10:30 – 12:30 PM</p> <p>Cardio Dance Mix 5:30-6:30 PM</p>	<p>4</p> <p>Yoga Flow 8:00-9:00AM</p> <p>Kids Dance Classes 4 – 6:15 PM</p> <p>Call instructor for info. 563-503-0005</p>	<p>5</p> <p>BOOM Muscle 8:50-9:20</p> <p>BOOM Move 9:30-10</p> <p>Beginner Pickle Ball 10:30 – 12:30 PM</p> <p>TOPS 6pm</p>	6	7
8	<p>9</p> <p>Yoga Flow 8:00-9:00AM</p> <p>TOPS 10am</p>	<p>10 BOOM Muscle 8:50-9:20</p> <p>BOOM Move 9:30-10</p> <p>Beginner Pickle Ball 10:30 – 12:30 PM</p> <p>Cardio Dance Mix 5:30-6:30 PM</p>	<p>11</p> <p>Yoga Flow 8:00-9:00AM</p> <p>Kids Dance Classes 4 – 6:15 PM</p> <p>Call instructor for info. 563-503-0005</p>	<p>12</p> <p>BOOM Muscle 8:50-9:20</p> <p>BOOM Move 9:30-10</p> <p>Beginner Pickle Ball 10:30 – 12:30 PM</p> <p>TOPS 6pm</p>	13	14
15	<p>16</p>  <p>Yoga Flow 8:00-9:00AM</p> <p>TOPS 10am</p>	<p>17 BOOM Muscle 8:50-9:20</p> <p>BOOM Move 9:30-10</p> <p>Beginner Pickle Ball 10:30 – 12:30 PM</p> <p>Cardio Dance Mix 5:30-6:30 PM</p>	<p>18</p> <p>Yoga Flow 8:00-9:00AM</p> <p>Kids Dance Classes 4 – 6:15 PM</p> <p>Call instructor for info. 563-503-0005</p>	<p>19</p> <p>BOOM Muscle 8:50-9:20</p> <p>BOOM Move 9:30-10</p> <p>Beginner Pickle Ball 10:30 – 12:30 PM</p> <p>TOPS 6pm</p>	20	21
22	<p>23</p> <p>Yoga Flow 8:00-9:00AM</p> <p>TOPS 10am</p>	<p>24 BOOM Muscle 8:50-9:20</p> <p>BOOM Move 9:30-10</p> <p>Beginner Pickle Ball 10:30 – 12:30 PM</p> <p>Cardio Dance Mix 5:30-6:30 PM</p>	<p>25</p> <p>Yoga Flow 8:00-9:00AM</p> <p>Kids Dance Classes 4 – 6:15 PM</p> <p>Call instructor for info. 563-503-0005</p>	<p>26</p> <p>BOOM Muscle 8:50-9:20</p> <p>BOOM Move 9:30-10</p> <p>Beginner Pickle Ball 10:30 – 12:30 PM</p> <p>TOPS 6pm</p>		28
29	<p>30</p> <p>Yoga Flow 8:00-9:00AM</p> <p>TOPS 10am</p>	<p>31 BOOM Muscle 8:50-9:20</p> <p>BOOM Move 9:30-10</p> <p>Beginner Pickle Ball 10:30 – 12:30 PM</p> <p>Cardio Dance Mix 5:30-6:30 PM</p>				

