

**WILLIAMSBURG COMMUNITY RECREATION CENTER 668-1636**

**JANUARY 2012**

<b>SUNDAY 10am-9PM</b>	<b>MONDAY 5am-9pm</b>	<b>TUESDAY 5am-9pm</b>	<b>WEDNESDAY 5am-9pm</b>	<b>THURSDAY 5am-9pm</b>	<b>FRIDAY 5am-6pm</b>	<b>SATURDAY 7am-6pm</b>
<b>1</b>  Closed  Happy New Year!	<b>2</b>  5:15-6am Boot Camp     5:30-6:30pm Yoga	<b>3</b>  5-5:45am Spinning  8-9am Step 9-10am Beg. Pilates 4:30-5:15pm Cardio Sculpt 5:30-6:30pm Pilates 6:30-7:30pm Beg. Pilates	<b>4</b>  5:15-6am Step SilverSneakers®-Muscular Strength&Range of Movement 9-9:45am 5:30-6:15pm Cardio Sculpt 5:30-6:30pm Yoga	<b>5</b>  8-9am Hi-Lo 9-10am Beg. Pilates 4:30-5:15pm Cardio Sculpt 5:30-6:30am Pilates 6:30-7:30pm Beg. Pilates	<b>6</b>  5-6am Yoga	<b>7</b>  8-9am Step 9-10am Pilates
<b>8</b>	<b>9</b>  SilverSneakers®-Muscular Strength&Range of Movement 9-9:45am 4:30-5:15pm Zumba 5:30-6:15pm Zumba 5:30-6:30pm Yoga	<b>10</b>  5-5:45am Spinning  8-9am Step 9-10am Beg. Pilates 4:30-5:15pm Cardio Sculpt 5:30-6:30pm Pilates 6:30-7:30pm Beg. Pilates	<b>11</b>  5:15-6am Spinning SilverSneakers®-Muscular Strength&Range of Movement 9-9:45am 5:30-6:15pm Cardio Sculpt 5:30-6:30pm Yoga	<b>12</b>  5:15-6am Boot Camp    4:30-5:15pm Cardio Sculpt 5:30-6:30pm Pilates 6:30-7:30pm Beg. Pilates	<b>13</b>  5-6am Yoga	<b>14</b>  8-9am Zumba 9-10am Yoga
<b>15</b>	<b>16</b>  SilverSneakers®-Muscular Strength&Range of Movement 9-9:45am 4:30-5:15pm Zumba 5:30-6:15pm Zumba 5:30-6:30pm Yoga	<b>17</b>  5-5:45am Spinning  8-9am Step 9-10am Beg. Pilates 4:30-5:15pm Cardio Sculpt 5:30-6:30pm Pilates 6:30-7:30pm Beg. Pilates	<b>18</b>  SilverSneakers®-Muscular Strength&Range of Movement 9-9:45am 5:30-6:15pm Cardio Sculpt 5:30-6:30pm Yoga	<b>19</b>  5:15-6am Boot Camp  8-9am Hi-Lo 9-10am Beg. Pilates 4:30-5:15pm Cardio Sculpt 5:30-6:30pm Pilates 6:30-7:30pm Beg. Pilates	<b>20</b>  5-6am Yoga 9-10am Beg. Yoga Stretch	<b>21</b>  8:30-9:15am Boot Camp
<b>22</b>	<b>23</b>  5:15-6am Boot Camp SilverSneakers®-Muscular Strength&Range of Movement 9-9:45am 4:30-5:15pm Zumba 5:30-6:15pm Zumba	<b>24</b>  5-5:45am Spinning  8-9am Step 9-10am Beg. Pilates 4:30-5:15pm Cardio Sculpt 5:30-6:30pm Pilates 6:30-7:30pm Beg. Pilates	<b>25</b>  5:15-6am Spinning SilverSneakers®-Muscular Strength&Range of Movement 9-9:45am 5:30-6:15 Cardio Sculpt	<b>26</b>  5:15-6am Boot Camp  8-9am Hi-Lo 9-10am Beg. Pilates 4:30-5:15pm Cardio Sculpt 5:30-6:30pm Pilates 6:30-7:30pm Beg. Pilates	<b>27</b>  5-6am Yoga 9-10am Beg. Yoga Stretch	<b>28</b>  8-9am Step 8-9am Zumba 9-10am Pilates
<b>29</b>	<b>30</b>  5:15-6am Boot Camp SilverSneakers®-Muscular Strength&Range of Movement 9-9:45am 4:30-5:15pm Zumba 5:30-6:15pm Zumba 5:30-6:30pm Yoga	<b>31</b>  5-5:45am Spinning  8-9am Step 9-10am Beg. Pilates 4:30-5:15pm Cardio Sculpt 5:30-6:30pm Pilates 6:30-7:30pm Beg. Pilates				