

WILLIAMSBURG COMMUNITY RECREATION CENTER 668-1636

JANUARY 2010

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