Updated 12/30/18

# **January 2019 Fitness Schedule** – Jerry Belk Activity Center

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| Dec 30 | Dec 31<br><br>***CLOSED***<br>***NEW YEAR'S EVE*** | 1<br><br>***CLOSED***<br>***NEW YEAR'S DAY*** | 2<br><br>5-5:30p Quick Fit<br>5:30-6:30p Zumba® | 3<br><br>5:15-6p Core + Strength & Conditioning<br>6-6:30p Kickboxing | 4<br><br>5:30-6:30p GetFit | 5 |
| 6 | 7<br><br>5-5:30p Quick Fit<br>5:30-6:30p Zumba® | 8<br><br>5:15-6p Core + Strength & Conditioning<br>6-6:30p Kickboxing | 9<br><br>5-5:30p Quick Fit<br>5:30-6:30p Zumba® | 10<br><br>5:15-6p Core + Strength & Conditioning<br>6-6:30p Kickboxing | 11<br><br>5:30-6:30p GetFit | 12 |
| 13 | 14<br><br>5-5:30p Quick Fit<br>5:30-6:30p Zumba® | 15<br><br>5:15-6p Core + Strength & Conditioning<br>6-6:30p Kickboxing | 16<br><br>5-5:30p Quick Fit<br>5:30-6:30p Zumba® | 17<br><br>5:15-6p Core + Strength & Conditioning<br>6-6:30p Kickboxing | 18<br><br>5:30-6:30p GetFit | 19 |
| 20 | 21<br><br>***CLOSED***<br>***MLKJ's BIRTHDAY*** | 22<br><br>5:15-6p Core + Strength & Conditioning<br>6-6:30p Kickboxing | 23<br><br>5-5:30p Quick Fit<br>5:30-6:30p Zumba® | 24<br><br>5:15-6p Core + Strength & Conditioning<br>6-6:30p Kickboxing | 25<br><br>5:30-6:30p GetFit | 26 |
| 27 | 28<br><br>5-5:30p Quick Fit<br>5:30-6:30p Zumba® | ***29***<br><br>5:15-6p Core + Strength & Conditioning<br>6-6:30p Kickboxing | 30<br><br>5-5:30p Quick Fit<br>5:30-6:30p Zumba® | 31<br><br>5:15-6p Core + Strength & Conditioning<br>6-6:30p Kickboxing | Feb 1<br><br>5:30-6:30p GetFit | Feb 2 |