

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Hours: 7:00am-7:00pm Monday - Friday</p> <p>Ph:928-871-7870 www.nnsdp.org</p>	<p>1</p> <p>A HAPPY NEW YEAR</p>	<p>2</p> <p>10:10-11:00am Aerobics w/Evelyn 12:10-12:50pm Zumba w/Ralph Indoor cycle w/Paul 1:10pm-1:50pm Zumba w/Evelyn 5:10-6:00pm CoreTrng. w/Paul 6:10-6:50pm Kickboxing w/Tyrone</p>	<p>3</p> <p>9:10-9:50am Sr.Chair Aerobics w/Evelyn 12:10-12:50pm Ab class w/Bryan Indoor cycle w/Evelyn 1:10-1:50pm Core trng. w/Paul 5:10-6:00pm x-trng. w/Paul 6:10-6:50pm Step Aerobics w/J.T. Yoga w/Bonnie</p>	<p>4</p> <p>12:10-12:50pm Ball Play w/Bryan Indoor cycle w/Paul 1:10pm-1:50pm Zumba w/Evelyn 5:00-7:00pm Ladies Night 5:30-6:30pm Core Trng. w/Paul</p>
<p>7</p> <p>12:10-12:50 Full Body w/Bryan Indoor cycle w/Paul 1:10pm-1:50pm Zumba w/Evelyn 5:30-6:30pm Indoor cycle w/Paul Step Aerobics w/J.T</p>	<p>8</p> <p>CLOSED</p>	<p>9</p> <p>10:10-11:00am Aerobics w/Evelyn 12:10-12:50pm Zumba w/Ralph Indoor cycle w/Paul 1:10pm-1:50pm Zumba w/Evelyn 5:10-6:00pm CoreTrng. w/Paul 6:10-6:50pm Kickboxing w/Tyrone</p>	<p>10</p> <p>9:10-9:50am Sr.Chair Aerobics w/Evelyn 12:10-12:50pm Ab class w/Bryan Indoor cycle w/Evelyn 1:10-1:50pm Core trng. w/Paul 5:10-6:00pm Full Body w/Bryan 6:10-6:50pm Step Aerobics w/J.T. Yoga w/Bonnie</p>	<p>11</p> <p>12:10-12:50pm Ball Play w/Bryan Indoor cycle w/Paul 1:10pm-1:50pm Zumba w/Evelyn 5:00-7:00pm Ladies Night 5:30-6:30pm Core Trng. w/Paul</p>
<p>14</p> <p>12:10-12:50 Full Body w/Bryan Indoor cycle w/Paul 1:10pm-1:50pm Zumba w/Evelyn 5:30-6:30pm Indoor cycle w/Evelyn Step Aerobics w/J.T</p>	<p>15</p> <p>9:10-9:50am Sr.Chair Aerobics w/Evey 12:10-12:50 Zumba w/Peggy Indoor cycle w/Lena 1:10-1:50pm Core trng. w/Paul 5:10-6:00pm Zumba w/Evelyn 6:10-6:50pm Step Aerobics w/Hattie Yoga w/Bonnie</p>	<p>16</p> <p>10:10-11:00am Aerobics w/Evelyn 12:10-12:50pm Zumba w/Ralph Indoor cycle w/Paul 1:10pm-1:50pm Zumba w/Evelyn 5:10-6:00pm Full Body w/Bryan 6:10-6:50pm Kickboxing w/Tyrone</p>	<p>17</p> <p>9:10-9:50am Sr.Chair Aerobics w/Evelyn 12:10-12:50pm Ab class w/Bryan Indoor cycle w/Evelyn 1:10-1:50pm Core trng. w/Paul 5:10-6:00pm Zumba w/Evelyn 6:10-6:50pm Step Aerobics w/J.T. Yoga w/Bonnie</p>	<p>18</p> <p>12:10-12:50pm Ball Play w/Bryan Indoor cycle w/Paul 1:10pm-1:50pm Zumba w/Evelyn 5:00-7:00pm Ladies Night 5:30-6:30pm Zumba w/Evelyn</p>
<p>21</p> <p>CLOSED Martin Luther King Holiday</p>	<p>22</p> <p>9:10-9:50am Sr.Chair Aerobics w/Evey 12:10-12:50 Zumba w/Peggy Indoor cycle w/Lena 1:10-1:50pm Core trng. w/Paul 5:10-6:00pm Zumba w/Evelyn 6:10-6:50pm Step Aerobics w/Hattie Yoga w/Bonnie</p>	<p>23</p> <p>10-11:00am Aerobics w/Evelyn 12:10-12:50pm Zumba w/Ralph Indoor cycle w/Paul 1:10pm-1:50pm Zumba w/Evelyn 5:10-6:00pm Full Body w/Bryan 6:10-6:50pm Kickboxing w/Tyrone</p>	<p>24</p> <p>9:10-9:50am Sr.Chair Aerobics w/Evelyn 12:10-12:50pm Ab class w/Bryan Indoor cycle w/Evelyn 1:10-1:50pm Core trng. w/Paul 5:10-6:00pm Zumba w/Evelyn 6:10-6:50pm Step Aerobics w/J.T. Yoga w/Bonnie</p>	<p>25</p> <p>12:10-12:50pm Ball Play w/Bryan Indoor cycle w/Paul 1:10pm-1:50pm Zumba w/Evelyn 5:00-7:00pm Ladies Night 5:30-6:30pm Zumba w/Evelyn</p>
<p>28</p> <p>12:10-12:50 Full Body w/Bryan Indoor cycle w/Paul 1:10pm-1:50pm Zumba w/Evelyn 5:30-6:30pm Indoor cycle w/Paul Step Aerobics w/J.T</p>	<p>29</p> <p>9:10-9:50am Sr.Chair Aerobics w/Evey 12:10-12:50 Zumba w/Peggy Indoor cycle w/Lena 1:10-1:50pm Core trng. w/Paul 5:10-6:00pm x-trng w/Paul 6:10-6:50pm Step Aerobics w/Hattie Yoga w/Bonnie</p>	<p>30</p> <p>10:10-11:00am Aerobics w/Evelyn 12:10-12:50pm Zumba w/Ralph Indoor cycle w/Paul 1:10pm-1:50pm Zumba w/Evelyn 5:10-6:00pm Core trng. w/Paul 6:10-6:50pm Kickboxing w/Tyrone</p>	<p>31</p> <p>9:10-9:50am Sr.Chair Aerobics w/Evelyn 12:10-12:50pm Ab class w/Bryan Indoor cycle w/Evelyn 1:10-1:50pm Core trng. w/Paul 5:10-6:00pm x-trng/Paul 6:10-6:50pm Step Aerobics w/J.T. Yoga w/Bonnie</p>	<p>ALL classes are subject to CHANGE without ADVANCE NOTICE</p>

