

Activity Schedule

January 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Fitness Room Mon-Fri 7:30am-7:30pm			1 HOLIDAY CLOSED	2 7:30-10:00am & 12:00- 2:00pm Walking in Gym 6:00 pm-Total Fitness- W/Tony 7:30pm- Zumba - Liz	3 7:30-10:00am & 12:00- 2:00pm Walking in Gym	
Fitness Room Mon-Fri 7:30am-7:30pm	6 7:30-10:00am & 12:00- 2:00pm Walking in Gym 6:00pm Soul line Dance- Andrena	7 7:30-10:00am & 12:00- 2:00pm Walking in Gym 6:00 pm- Total Fitness- W/Tony 7:30pm- Zumba - Liz	8 7:30-10:00am & 12:00- 2:00pm Walking in Gym 6:15 pm Cardio Bounce- Andrena	9 7:30-10:00am & 12:00- 2:00pm Walking in Gym 6:00 pm- Total Fitness- W/Tony 7:30pm- Zumba - Liz	10 7:30-10:00am & 12:00- 2:00pm Walking in Gym	
Fitness Room Mon-Fri 7:30am-7:30pm	13 7:30-10:00am & 12:00- 2:00pm Walking in Gym 6:00pm Soul line Dance- Andrena	14 7:30-10:00am & 12:00- 2:00pm Walking in Gym 6:00 pm-Total Fitness- W/Tony 7:30pm- Zumba - Liz	15 7:30-10:00am & 12:00- 2:00pm Walking in Gym 6:15 pm Cardio Bounce- Andrena	16 7:30-10:00am & 12:00- 2:00pm Walking in Gym 6:00 pm- Total Fitness- W/Tony 7:30pm- Zumba - Liz	17 7:30-10:00am & 12:00- 2:00pm Walking in Gym	
Fitness Room Mon.-Fri. 7:30am-7:30pm	20 HOLIDAY CLOSED	21 7:30-10:00am & 12:00- 2:00pm Walking in Gym 6:00 pm-Total Fitness- W/Tony 7:30pm- Zumba - Liz	22 7:30-10:00am & 12:00- 2:00pm Walking in Gym 6:15 pm Cardio Bounce- Andrena	23 7:30-10:00am & 12:00- 2:00pm Walking in Gym 6:00 pm- Total Fitness- W/Tony 7:30pm- Zumba - Liz	24 7:30-10:00am & 12:00- 2:00pm Walking in Gym	
Fitness Room Mon.-Fri. 7:30am-7:30pm	27 7:30-10:00am & 12:00- 2:00pm Walking in Gym 6:00pm Soul Line Dance- Andrena	28 7:30-10:00am & 12:00- 2:00pm Walking in Gym 6:00 pm-Total Fitness- W/Tony 7:30pm- Zumba - Liz	29 7:30-10:00am & 12:00- 2:00pm Walking in Gym 6:15 pm Cardio Bounce- Andrena	30 7:30-10:00am & 12:00- 2:00pm Walking in Gym 6:00 pm- Total Fitness- W/Tony 7:30pm- Zumba - Li	31 7:30-10:00am & 12:00- 2:00pm Walking in Gym	

Zumba with Liz – \$5 Daily or \$20 Monthly TOTAL FITNESS W/ TONY- \$5 Daily or \$20 Monthly

Soul Line Dance with Andrena- \$5 class or \$20 monthly Cardio Bounce with Andrena- \$5 Daily or \$20 Monthly

Fitness Room- \$20 monthly /\$35 Family of 2 Combine any two of the above for \$30 monthly Contact Information: (803) 635-9114 Tony.Ashford@fairfield.sc.gov