

# RESULTS HEALTH AND FITNESS PRINCE FREDERICK ~ January 2019 ~ CYCLE ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Gym Hours</b> <b>New Year's Eve</b> <b>5:00am-5:00pm</b>  <b>New Year's Day</b> <b>7:00am-5:00pm</b>	 Happy New Year!	<b>1</b> <b>NEW YEARS'S DAY</b>  9:00am- Dawn  <b>NO EVENING SPIN</b>	<b>2</b>  5:30am – Jen S	<b>3</b>  12:15pm Express 30- Cheryl  4:30pm –Dawn  5:45pm – Linda	<b>4</b>  5:30am - Jen S  8:45am – Lisa	<b>5</b>  9:00am - Jennifer
<b>6</b>	<b>7</b>  5:30am – <u>Jen S.</u>  9:15am – Cecilia  5:30pm – Linda	<b>8</b>  9:15 am - James  12:15pm Express 30- Beth  4:30pm – Dawn	<b>9</b>  5:30am – Jen S.	<b>10</b>  12:15pm Express 30- Cheryl  4:30pm –Dawn  5:45pm – <u>Cecilia</u>	<b>11</b>  5:30am - <u>Alison</u>  8:45am – Lisa	<b>12</b>  9:00 am - Jennifer
<b>13</b>	<b>14</b>  5:30am – Alison  9:15am – Cecilia  5:30pm – <u>Cecilia</u>	<b>15</b>  9:15 am - James  12:15pm Express 30- Beth  4:30pm – Dawn	<b>16</b>  5:30am – Jen S.	<b>17</b>  12:15pmExpress 30- Cheryl  4:30pm – Dawn  5:45pm – Linda	<b>18</b>  5:30 am – Jen S  8:45am – Lisa	<b>19</b>  9:00am - Jennifer
<b>20</b>	<b>21</b>  5:30am – Alison  9:15am – Cecilia  5:30pm – Linda	<b>22</b>  9:15 am - James  12:15pm Express 30-Beth  4:30pm – <u>Jen S.</u>	<b>23</b>  5:30am – Jen S	<b>24</b>  12:15pmExpress 30- Cheryl  4:30pm – <u>Jen S.</u>  5:45pm – <u>Cecilia</u>	<b>25</b>  5:30am – Jen S  8:45am – Lisa	<b>26</b>  9:00 am - Jennifer
<b>27</b>	<b>28</b>  5:30am – Alison  9:15am – Cecilia  5:30am- Linda	<b>29</b>  9:15 am - James  12:15pm Express 30-Beth  4:30pm –Jen S.	<b>30</b>  5:30am – Jen S	<b>31</b>  12:15pm Express 30- Cheryl  4:30pm –Dawn  5:45pm – <u>Cecilia</u>		

UNDERLINE indicates class and/or instructor changes.

**GYM HOURS:** Mon-Thurs., 5:00am – 10:00pm ~ Fri 5:00am – 9:00pm ~ Sat 7:00am – 7:00pm ~ Sun 7:00am – 5:00pm

