

Fitness Class Sessions/Cycles

November 2007

Nov. 5 – 30 4-week session

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22 CLOSED	23	24
25	26	27	28	29	30	

December 2007

Dec. 3 – 21 3-week session

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 No classes	25 CLOSED	26 No classes	27 -----	28 -----]	29
30	31 No classes					

January 2008

Jan. 2 – 25 3.5-week session

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 CLOSED	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Note: Paid classes will be prorated on sessions that are shorter than 4-weeks.