

Meet with the Trainer

JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 Shelley 12:30pm	10	11 Lawrence 6pm	12 8am Jesse	13 Lawrence 6pm	14
15	16 Shelley 12:30pm	17	18 Lawrence 6pm	19	20 Lawrence 6pm	21 1030am Jesse
22	23 Shelley 12:30pm	24	25 Lawrence 6pm	26 8am Jesse	27 Lawrence 6pm	28
29	30 Shelley 12:30pm	31 530pm Jesse	<p>Please meet the Trainer in the entry of the Fitness Center by the Front Desk at the time shown, you do not need to sign up just show up!!</p> <p>This is a free, informative group event; if you need one-on-one assistance please speak with the Trainer or Front Desk staff about scheduling private training sessions.</p>			

FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Lawrence 6pm	4
5	6 Shelley 12:30pm	7	8	9 8am Jesse	10 Lawrence 6pm	11
12	13 Shelley 12:30pm	14 <i>Valentine's Day</i>	15	16 8am Jesse	17 Lawrence 6pm	18
19	20 <i>Presidents' Day</i>	21	22	23	24	25
26	27	28	<p>Please meet the Trainer in the entry of the Fitness Center by the Front Desk at the time shown, you do not need to sign up just show up!!</p> <p>This is a free, informative group event; if you need one-on-one assistance please speak with the Trainer or Front Desk staff about scheduling private training sessions.</p>			