

# JANUARY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<b>1</b> New Year's Day	<b>2</b>	<b>3</b>	<b>4</b> Day One! Sign up 4p-6p Footworks Fitness 101 (50% off) Green Monkey 12:15-1:15 pm (\$7)	<b>5</b> Corpo 6:30 pm Vinyasa 7:45 pm Anusara Free!	<b>6</b> M Cycle 6am Spin with Onel Free! Green Monkey 12:15-1:15 pm (\$7)	<b>7</b>																																																																																				
<b>8</b>	<b>9</b> Sign up 7a-9a  Green Monkey 12:15-1:15 pm (\$7)	<b>10</b> M Cycle 7pm Zen Warrior with David and Crista Free!	<b>11</b> UM Yoga on the Green 4PM Free Network Luncheon Green Monkey 12:15-1:15 pm (\$7)	<b>12</b> Sign up 4p-6p	<b>13</b> Wellness Committee 8am Green Monkey 12:15-1:15 pm (\$7)	<b>14</b>																																																																																				
<b>15</b>	<b>16</b> ML King Day Sign up 7a-9a Group walk/run! Corpo-Free! 6:00 pm Ashtanga 7:30 pm YogaBasics	<b>17</b> M Cycle 12:30pm 20/40 Spin with Onel Free!	<b>18</b> Sign up 4p-6p UM Yoga on the Green \$pm Free! Green Monkey 12:15-1:15 pm (\$7)	<b>19</b>	<b>20</b> New Urban Balance Eating for Energy 11:30-1pm	<b>21</b>																																																																																				
<b>22</b>	<b>23</b>  Green Monkey 12:15-1:15 pm (\$7) Chamber N-xt Kickball Palmer Park	<b>24</b>	<b>25</b> General Membership Breakfast UM Yoga on the Green \$pm Free! Green Monkey 12:15-1:15 pm (\$7)	<b>26</b> M Cycle 7:30 pm Inferno Spin with Cedric Free!	<b>27</b> Green Monkey 12:15-1:15 pm (\$7) Whole Foods Tour 8am and 4pm Free!	<b>28</b>																																																																																				
<b>29</b>	<b>30</b> M Cycle 7:30 pm Elite Fitness with Ramses-Free! Green Monkey 12:15-1:15 pm Chamber N-xt Kickball	<b>31</b>																																																																																								
		<b>December 2011</b> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>		S	M	T	W	Th	F	Sa					1	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	<b>February 2012</b> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td></td><td></td><td></td></tr> </table>		S	M	T	W	Th	F	Sa				1	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				<b>Notes:</b>
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