

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Give the gift of health this Valentines Day with Personal Training , Pilates Sessions or a Couple Stretch Workshop Gift Certificates!</p>			1	2	3 FREE Guest Day! 	4 New Member Group Training 10:30am BODY JAM PARTY! 10:15AM
5 Super Bowl Sunday. Don't forget your workout before your pig out! 	6	7	8 February Fit Night 6-8pm Free *Seated Massage *Pilates Workshop *Healthy Raw Food Samples 	9	10	11  Valentine Couples Stretching Workshop! 1-2:30pm Register at front desk
12	13	14	15	16	17	18
19 Intro to Yoga Workshop 3pm 	20	21	22 Happy Hour! 6:30-8:30pm 	23	24 Parent's Night Out! 6-8:30pm \$10/child 	25
26	27	28	29	 <p>The Energy Club</p>		