

# CLUB ACTIVE

JANUARY 2022

## TUESDAYS

4<sup>th</sup> - L.B.T.

11<sup>th</sup> - Body Conditioning

18<sup>th</sup> - Weighted Workout

25<sup>th</sup> - Pilates

## THURSDAYS

6<sup>th</sup> - Bands

11<sup>th</sup> - Yoga

18<sup>th</sup> - L.I.I.T.

25<sup>th</sup> - Arms & Abs

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