

# JANUARY

864.295.4383

**SLIM AND TONE**  
Express Fitness & Weight Loss Studio

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>2</b> 6:00-7:00 pm Pilates/Yoga	<b>3</b> 6:00-7:00 pm Zumba	<b>4</b>	<b>5</b> 5:50-6:45 pm Zumba	<b>6</b> 12:15/12:45 pm Pilates/Yoga 3:00 pm Yoga	<b>9:30 am</b> Bootcamp
<b>9</b> 6:00-7:00 pm Pilates/Yoga	<b>10</b> 6:00-7:00 pm Zumba	<b>11</b>	<b>12</b> 5:50-6:45 pm Zumba	<b>13</b> 12:15/12:45 pm Pilates/Yoga 3:00 pm Yoga	<b>14</b> 9:30 am Bodysculpt
<b>16</b> 6:00-7:00 pm Pilates/Yoga	<b>17</b> 6:00-7:00 pm Zumba	<b>18</b>	<b>19</b> 5:50-6:45 pm Zumba	<b>20</b> 12:15/12:45 pm Pilates/Yoga 3:00 pm Yoga	<b>21</b> 9:30 am BootCamp
<b>23</b> 6:00-7:00 pm Pilates/Yoga	<b>24</b> 6:00-7:00 pm Zumba	<b>25</b>	<b>26</b> 5:50-6:45 pm Zumba	<b>27</b> 12:15/12:45 pm Pilates/Yoga 3:00 pm Yoga	<b>28</b> 9:30 am Bodysculpt
<b>30</b> 6:00-7:00 pm Pilates/Yoga	<b>31</b> 6:00-7:00 pm Zumba				

**2012**

