

# January 2019

## Class Schedule\*



**SMALL CHANGES BIG REWARDS**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9a-10a Deep Water 10a-11a CRAW Run 7pm Seminar	2 9a-10a Power Hour 5:30-6p Intro to Intervals	3 5p-6p CRAW Run 7pm Fellowship	4 10:15a-11:15a Mix and Match	5 7am CRAW Run
6 Kickoff!!! 1pm-2pm	7 10:15a-10:45a Intro to Intervals 5:30-6pm Intro to Intervals	8 9a-10a Deep Water 10a-11a CRAW Run 7pm Seminar	9 9a-10a Power Hour 5:30-6p Intro to Intervals	10 5p-6p CRAW Run 7pm Fellowship	11 10:15a-11:15a Mix and Match	12 7am CRAW Run
13	14 10:15a-10:45a Intro to Intervals 5:30-6pm Intro to Intervals	15 9a-10a Deep Water 10a-11a CRAW Run 7pm Seminar	16 9a-10a Power Hour 5:30-6p Intro to Intervals	17 5p-6p CRAW Run 7pm Fellowship	18 10:15a-11:15a Mix and Match	19 7am CRAW Run
20	21 10:15a-10:45a Intro to Intervals 5:30-6pm Intro to Intervals	22 9a-10a Deep Water 10a-11a CRAW Run 7pm Seminar	23 9a-10a Power Hour 5:30-6p Intro to Intervals	24 5p-6p CRAW Run 7pm Fellowship	25 10:15a-11:15a Mix and Match	26 7am CRAW Run
27	28 10:15a-10:45a Intro to Intervals 5:30-6pm Intro to Intervals	29 9a-10a Deep Water 10a-11a CRAW Run 7pm Seminar	30 9a-10a Power Hour 5:30-6p Intro to Intervals	31 5p-6p CRAW Run 7pm Fellowship	*Scheduled events may change based on instructor availability.	*Some classes may have limited space.

Intro to Intervals is a 30 minute class designed to build strength and increase cardio capacity.

Nutrition seminars give you the information you need to make healthy choices.

Mix and Match is a fun mix of cardio, core, and strength training. Mix it up to keep the body guessing!

Setting S.M.A.R.T. goals is crucial to being successful. Let us teach you how to apply this principle!

CRAW is our local walking and running group. With their support, you CAN learn how to run!

Classes in blue are held in the pool, for low-impact training with big impact results.