



Fit Lifestyle Studios January 2012 Calendar of Events / Spinning® Energy Zones

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Strength 1	Strength & Intervals 2 Mission of Deeds 3 Ambassador Work-out @ the RAC	Interval 3	Strength 4	Drills (Jumps) 5	Strength 6	Intervals fls HOLIDAY PARTY 7:30PM Stair Climb Train 7
Strength 8	Interval 9 Winter Schedule Begins	Strength 10	Intervals 11	Strength 12	Intervals 13	Endurance (90) 14 Stair Climb Training Bunker Hill
Strength 15	Strength 16	Drills (Jumps) 17	Strength 18	Intervals 19	Intervals 20 7 PM Feeding Your Family Fit @ the studio Please RSVP	Strength 21 Stair Climb Training Andover
Strength 22	Intervals 23	Endurance (60) 24	Endurance (60) 25	Strength 26	Drills (Jumps) 27	Intervals 28 Stair Climb Training tba
Strength 29	Race Day 30	Intervals 31	Check out the January Newsletter for Energy Zone descriptions			

fls HOLIDAY Party

Please RSVP as soon as you can! We look forward to celebrating with you!

Upcoming Events

Fls/Move Fit Climbers
Stair Climb for American Lung Association

American Cancer Society
Spin For Hope
March 4, 2012

Special Congratulations we reached 500 Likes! \$89.00 until 1-31-12

Facebook users
Become a fan of FLS page on Facebook when we reach 1000 Likes The 10 Class pass will be \$89.00!

