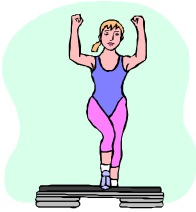
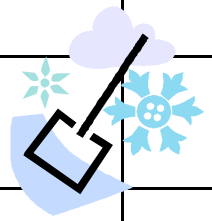
January 2009



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1-Jan *Happy New Year!*			
	6-Jan 5 to 6 pm ***Interval Step***		8-Jan 5 to 6 pm ***Barbell Blast***			
	13-Jan 5 to 6 pm ***Step***		15-Jan 5 to 6 pm ***Low Imp/Sculpt***			
Martin Luther King	20-Jan 5 to 6 pm ***Barbell Blast***		22-Jan 5 to 6 pm ***Vertical Step Interval***			
	27-Jan 5 to 6 pm ***Low Imp/Kickbox***		*29-Jan* 5 to 6 pm ***Interval Step***			

LEA AEROBICS NASA **Schedule subject to change without notice.**