

JANUARY 2018

210-C North Gamble St., Shelby, OH 44875 • 419-342-DEVA(3382) • Website: adevafit.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 ***NO Silver Sneakers Class *4 pm Zumba Gold-Toning *5 pm Zumba Step 6 pm Kickboxing 7 pm Candlelight Yoga	2 5:15 am Kickboxing 9:15 am Silver Sneakers at Sr. Center (cardio) 10:15 am Silver Sneaker at Sr. Center (Chair Yoga) *5:15pm Yoga w/ Vanessa 6:30 pm Zumba	3 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Zumba Gold *5 pm Buti Sculpt 6 pm Kickboxing	4 5:15 am Kickboxing 10:15 am Drumming 6:00 pm Tabata 6:30 pm Zumba	5 5:15 am Boot Camp 10:15 am Silver Sneakers at Sr. Center (circuit)	6 8:30 am Zumba *9:30 am Buti Yoga
7	8 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Zumba Gold-Toning *5 pm Zumba Step 6 pm Kickboxing 7 pm Candlelight Yoga	9 5:15 am Kickboxing 9:15 am Silver Sneakers at Sr. Center (cardio) 10:15 am Silver Sneaker at Sr. Center (Chair Yoga) *5:15pm Yoga w/ Vanessa 6:30 pm Zumba	10 10:15 am Silver Sneakers at Sr. Center (circuit) *4 pm Zumba Gold *5 pm Buti Sculpt 6 pm Kickboxing	11 5:15 am Kickboxing 10:15 am Drumming 6:00 pm Tabata 6:30 pm Zumba	12 5:15 am - Kickboxing 10:15 am Silver Sneakers at Sr. Center (circuit)	13 8:30 am Zumba *9:30 am Buti Yoga
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