



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HAPPY NEW YEAR 1	HOLIDAY HOURS GYM IS CLOSED 2	NEW GROUP EXERCISE SCHEDULE STARTS 3	4	5	6	7
8	STRENGTH 101 9	10	TAKE 5 - BEGINNER WORKOUT IN THE PATH 11	12	13	14
15	16	USE YOUR PANTRY 17	18	ERGO - SHOVELING 19	20	21
CHINESE NEW YEAR 22	OPEN HOUSE 3FL - STUDIO 3 PELOTON LAUNCH 23	24	25	26	REFRESH YOUR ROUTINE FOR THE LONG TERM 27	28
29	30	31				

OPEN HOUSE

MONDAY, JANUARY 23RD
3FL - STUDIO 3
PELOTON LAUNCH

For more information contact us at carecentres.sfcinfo@telus.com