

# January 2018 [dynamitepersonalfitness@gmail.com](mailto:dynamitepersonalfitness@gmail.com) 902-877-2833

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1<sup>st</sup> HAPPYNEW YEAR Woot!</p>  <p>Group Workout 3-4pm OUTSIDE \$10</p>	<p>2 REST UP</p> 	<p>3 Back to School</p> 	<p>4 TEXT me your 2018 FITNESS goal &amp; enter for a chance to WIN a 3 CLASS PASS OR 1 Personal training session 902-877-2833 by January 5<sup>th</sup></p>	<p>5</p> 	<p>6</p>
<p>7 <b>FKCI LEVEL 1 KICKBOXING COURSE</b></p>	<p>8 11:00am Metabolic Interval 30 11:30am Big Ball Sculpt 30 12:30pm Ride 50</p> <p>7:00pm Core 30 7:30pm RIDE 45 8:30pm Stretch n Roll 30</p>	<p>9 9:15am RIDE 45 10:15 am AABS 30 5:30pm BootCamp Circuit 30 6:00pm AABS 30 6:30pm Sculpt 30 7:00pm Interval Sculpt 30** 7:30pm Ride 45 8:20pm Stretch n Roll 30**</p>	<p>10 11:00am Cardio E 30 11:30am Core n Glutes 30 12:00pm Stretch n Roll 30 12:30pm Ride 50</p> <p>5:45 pm Kick Sculpt Circuit 45** 7:30pm Ride 45 8:20pm Stretch n Roll 40</p>	<p>11 9:15am RIDE 45 10:15 am AABS 30</p> <p>5:30pm Ride 45 6:20pm Sculpt 30** 8:00pm Women who lift</p>	<p>12 11:00am Sculpt n balance 11:30am Metabolic Sculpt CORE N Arms 12:15 RIDE 50</p>	<p>13</p>
<p>14</p> <p><b>HYPO HALF wish me luck</b></p>	<p>15</p> <p>11:00am Metabolic Interval 30 11:30am Big Ball Sculpt 30 12:30pm Ride 50</p> <p>7:00pm Core 30 7:30pm RIDE 45 8:30pm Stretch n Roll 30</p>	<p>16</p> <p>9:15am RIDE 45 10:15 am AABS 30 5:30pm BootCamp Circuit 30 6:00pm AABS 30 6:30pm Sculpt 30 7:00pm Stretch n Roll 30 7:30pm Ride 45 8:20pm Interval Sculpt 40</p>	<p>17 11:00am Cardio E 30 11:30am Core n Glutes 30 12:00pm Stretch n Roll 30 12:30pm Ride 50</p> <p>5:45 pm Kick Sculpt Circuit 45* 7:30pm Ride 45 8:20pm Stretch n Roll 40</p>	<p>18</p> <p>9:15am RIDE 45 10:15 am AABS 30</p> <p>5:30pm Ride 45 6:20pm Sculpt 30 8:00pm Women who lift</p>	<p>19</p> <p>**** no regularly scheduled classes</p>	<p>20 Classes at St Margaret's Centre Hammonds Plains School INDOOR CYCLING with stationary bikes</p>
<p>21</p> <p>11:00am Metabolic E slide Sculpt Giant Steps French Village Location 1:30pm Women who lift SMC fitness Centre 3pm RIDE 50 4:00pm Tweens FitCamp 45- 4 weeks ** please pre register!</p>	<p>22 11:00am Metabolic Interval 30 11:30am Big Ball Sculpt 30 12:30pm Ride 50</p> <p>7:00pm Core 30 7:30pm RIDE 45 8:30pm Stretch n Roll 30</p>	<p>23 9:15am RIDE 45 10:15 am AABS 30 5:30pm BootCamp Circuit 30 6:00pm AABS 30 6:30pm Sculpt 30 7:00pm Stretch n Roll 30 7:30pm Ride 45 8:20pm Interval Sculpt 40</p>	<p>24 11:00am Cardio E 30 11:30am Core n Glutes 30 12:00pm Stretch n Roll 30 12:30pm Ride 50</p> <p>5:45 pm Kick Sculpt Circuit 45* 7:30pm Ride 45 8:20pm Stretch n Roll 40</p>	<p>25 9:15am RIDE 45 10:15 am AABS 30</p> <p>5:30pm Ride 45 6:20pm Sculpt 30 8:00pm Women who lift</p>	<p>26</p> <p>11:00am Sculpt n balance 11:30am Metabolic Sculpt CORE N Arms 12:15 RIDE 50</p>	<p>27 Giant Steps French Village</p>
<p>28</p> <p>11:00am Metabolic E slide Sculpt **** this Sunday will be at SMC! 1:30pm Women who lift 3pm RIDE 50 4:00pm Tweens FitCamp 45- 4 weeks</p>	<p>29 11:00am Metabolic Interval 30 11:30am Big Ball Sculpt 30 12:30pm Ride 50</p> <p>7:00pm Core 30 7:30pm RIDE 45 8:30pm Stretch n Roll 30</p>	<p>30 9:15am RIDE 45 10:15 am AABS 30 5:30pm BootCamp Circuit 30 6:00pm AABS 30 6:30pm Sculpt 30 7:00pm Stretch n Roll 30 7:30pm Ride 45 8:20pm Interval Sculpt 40</p>	<p>31 11:00am Cardio E 30 11:30am Core n Glutes 30 12:00pm Stretch n Roll 30 12:30pm Ride 50</p> <p>5:45 pm Kick Sculpt Circuit 45* 7:30pm Ride 45 8:20pm Stretch n Roll 40</p>	<p>Email Charity to get on the Fitness Schedule list Stay up to date on what is going on and specials\$ and Seasonal changes to the schedule</p>	 <p>St. Margaret's - CENTRE -</p>	<p>Charity Kaizer PTS FIS Yoga YogaFitKids Children Fitness Coach Schwin Certified PN 1</p>