

JAN 2022

BETH'S FITNESS FOR LIFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 FAB & FIT	4	5 9:00 STEP	6 9:00 MOVING WITH WEIGHTS	7
10 9:00 FAB & FIT	11	12 9:00 STEP	13 9:00 STABILITY BALL	14
17 MARTIN LUTHER KING DAY 9:00 FAB & FIT	18	19 9:00 STEP	20 9:00 MOVING WITH WEIGHTS	21
24 9:00 FAB & FIT	25	26 9:00 STEP	27 9:00 STABILITY BALL	28
31 9:00 FAB & FIT				

FEB 2022

BETH'S FITNESS FOR LIFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 9:00 STEP	3 9:00 MOVING WITH WEIGHTS	4
7 9:00 FAB & FIT	8	9 9:00 STEP	10 9:00 STABILITY BALL	11
14 VALENTINE'S DAY 9:00 FAB & FIT	15	16 9:00 STEP	17 9:00 MOVING WITH WEIGHTS	18
21 PRESIDENT'S DAY 9:00 FAB & FIT	22	23 9:00 STEP	24 9:00 STABILITY BALL	25
28 9:00 FAB & FIT				

MARCH 2022

BETH'S FITNESS FOR LIFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 9:00 STEP	3 9:00 MOVING WITH WEIGHTS	4
7 9:00 FAB & FIT	8	9 9:00 STEP	10 9:00 STABILITY BALL	11
14 9:00 FAB & FIT	15	16 9:00 STEP	17 9:00 MOVING WITH WEIGHTS	18
21 9:00 FAB & FIT	22	23 9:00 STEP	24 9:00 STABILITY BALL	25
28 9:00 FAB & FIT	29	30	31	