



FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

January Group Exercise Schedule
 Southern Saratoga

Kidz Lodge						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Pilates Mat 09:00-10:00am Sally H.
Yoga (75 Minutes) 10:15-11:30am Joann V.						
		Yoga 06:30-07:30pm Joann V.				

KidzLodge Building - January: SSY