



JANUARY

**Wellness Center
Hours:
Monday-Sunday
5:00am-10:00pm**

Staffed Hours:
Monday-Thursday
8:00am-Noon &
1:00pm-5:00pm | Friday
8:00am-Noon &
1:00pm-3:30pm

SUN	MON	TUE	WED	THU	FRI	SAT
 WELLNESS CENTER Windom Area Health 507-831-0672			1 HAPPY NEW YEAR!  UNSTAFFED	2 Boot Camp 6A Alive & Active 9A Alive & Active 10A SAIL 2:30P Strength 4P Power Row 5:45P	3 Fit Row 5:30A Alive & Active 9A SAIL 10A *Sparring Class 4-6P	4
5	6 Boot Camp 6A Alive & Active 9A SAIL 10A Gentle Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P	7 Boot Camp 6A Alive & Active 9A Open Yoga 10A SAIL 2:30P Power Row 5:45P	8 Fit Row 5:30A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7p	9 Boot Camp 6A Alive & Active 9A Alive & Active 10A SAIL 2:30P Strength 4P Power Row 5:45P	10 Fit Row 5:30A Alive & Active 9A SAIL 10A *Sparring Class 4-6P	11
12	13 Boot Camp 6A Alive & Active 9A SAIL 10A Open Yoga 10A *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P	14 Boot Camp 6A Alive & Active 9A Open Yoga 10A SAIL 2:30P Power Row 5:45P	15 Fit Row 5:30A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7p	16 Boot Camp 6A Alive & Active 9A Alive & Active 10A SAIL 2:30P Strength 4P Power Row 5:45P	17 Fit Row 5:30A Alive & Active 9A SAIL 10A *Sparring Class 4-6P	18
19	20 Boot Camp 6A Alive & Active 9A SAIL 10A Open Yoga 10A *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P	21 Boot Camp 6A Alive & Active 9A Open Yoga 10A SAIL 2:30P Power Row 5:45P	22 Fit Row 5:30A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7p	23 Boot Camp 6A Alive & Active 9A Alive & Active 10A SAIL 2:30P Strength 4P Power Row 5:45P	24 Fit Row 5:30A Alive & Active 9A SAIL 10A *Sparring Class 4-6P	25
26	27 Boot Camp 6A Alive & Active 9A SAIL 10A Open Yoga 10A *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7P	28 Boot Camp 6A Alive & Active 9A Open Yoga 10A SAIL 2:30P Power Row 5:45P	29 Fit Row 5:30A SAIL 10A Open Yoga 4P *MMA Fit 5:15P *TKD Kids 6:15P *TKD Adults 7p	30 Boot Camp 6A Alive & Active 9A Alive & Active 10A SAIL 2:30P Strength 4P Power Row 5:45P	31 Fit Row 5:30A Alive & Active 9A SAIL 10A *Sparring Class 4-6P	* Denotes Medina's Martial Arts class. For info/pricing, contact Master Marco Medina at 319-415-6772