

BellaMorphosis January 2012 Morning Calendar

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am Main	Kettle Kut Sharon	Triple Threat Sharon	Ultimate Conditioning Sharon	Boxing Circuit Sharon	Kettle Kut Sharon	January 7
6:00am	*Tread & Shed Sharon	* Cardio Blast Sharon	*Tread & Shed Sharon	*INDO ROW Sharon	*Tread & Shed Sharon	OPEN HOUSE!
6:35am	7 Steps to Willpower Sharon	7 Steps to Willpower Sharon	7 Steps to Willpower Sharon	7 Steps to Willpower Sharon	7 Steps to Willpower Sharon	Come one, Come all! *FREE DAY*
8:10am	7 Steps to Willpower Karen	7 Steps to Willpower Marilou	7 Steps to Willpower Sharon	7 Steps to Willpower Marilou	7 Steps to Willpower Karen	Bring your friends and check out all
8:30am Main	Bootcamp Lorraine	Ultimate Conditioning Marilou	Kickboxing Karen	Kettle Kut Marilou	Boxanity Lorraine	Amazing classes Bella has to offer
Yoga	OWL Sharon			Striptease Nicole	INDO ROW Karen	January 14
Cycle	Power Tri Karen	Cycle Sharon	Ride 'N Row Sharon			
Kickbox	Toddler Fit Lisa G	Toddler Fit Lisa G	Toddler Fit Lisa G	Toddler Fit Lisa G	Toddler Fit Lisa G	
9:30am Main	Ultimate Conditioning Karen	Latin Cardio Dance Sharon	Ultimate Conditioning Lorraine	Step Sharon	Kettle Kut Lorraine	
Yoga	Golden Girls Beth	Pilates Nicole	Golden Girls Beth	Power Pilates Nicole	Golden Girls Beth	January 21
Cycle	Cycle Lorraine	Krank Fusion Lorraine	Cycle Karen	Krank Fusion Lorraine	Cycle Karen	Glamour Photos *No Classes
Kickbox	Toddler Fit Lisa G	Toddler Fit Lisa G	Toddler Fit Lisa G	Toddler Fit Lisa G	Toddler Fit Lisa G	
10:30	Steptonic Nicole	Kettle Kut Lorraine	Belly Dancing Xenia	Ultimate Conditioning Lorraine	BOSU Cardio & Stretch Karen	
Yoga	Power Yoga Xenia	Hip Hop Abs Nicole	Yoga Beth	Zumba Xenia	Yoga Stretch Marilou	January 28
Cycle				Krank Fusion Sharon		
Kickbox	Cardio Challenge Lorraine		Cardio Challenge Lorraine		Cardio Challenge Lorraine	
11:30am Main	Kettle Kut Nicole	Bootcamp Lorraine	Kettle Kut Lorraine	Boxing Circuit Lorraine		
Yoga	7 Steps to Willpower Lorraine	7 Steps to Willpower Sharon	7 Steps to Willpower Beth	7 Steps to Willpower Sharon	7 Steps to Willpower Lorraine	

BellaMorphosis January 2012 Evening Calendar

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:40pm	7 Steps to Willpower Sharon	7 Steps to Willpower Lorraina	7 Steps to Willpower Beth	7 Steps to Willpower Lorraina	7 Steps to Willpower Nicole	
4:00pm	Kettle Kut Sharon	Steptonic Nicole	PUMP Lisa W	Kickboxing Karen	Ultimate Conditioning Nicole	
Yoga	INDOW ROW Beth	Belly Dancing Xenia				
Cycle		Cycle Lorraina	Cycle Beth	Triple Threat Lorraina		
5:00pm	Step Sharon	Kettle Kut Nicole	Step Box Beth	Ultimate Conditioning Lorraina	Hip Hop Abs Nicole	
Main		Cardio Challenge Lorraina				
Yoga						
Cycle	Cycle Beth		Krank Fusion Lisa W	*Cycle Blast Karen		
6:00pm	Kettle Kut Sharon	Zumba Ruth	Power Pilates Beth	Zumba Ruth		
Main						
Yoga	7 Steps to Willpower Beth	7 Steps to Willpower Nicole	7 Steps to Willpower Lisa W	7 Steps to Willpower	7 Steps to Willpower Nicole	
Cycle		Cycle Lorraina		Krank Fusion Lorraina		
7:00pm	7 Steps to Willpower Sharon	7 Steps to Willpower Lorraina	7 Steps to Willpower Beth	7 Steps to Willpower Lorraina		
Main						
7:30pm	OWL Sharon					

Mark your calendars: (more details and registration for the following programs are available at the front desk)

- January is 4th Med Group appreciation month: If you are active duty, spouse, or DOD civilian of the 4th Med Group you can come to Bella for Free during the month of January!
- Relay for Life – Bella Babes Team meeting: January 12th, 7pm. Become part of our amazing team – plan, brainstorm, motivate and get more info at the meeting.
- Vegas Challenge: Achieve your fitness goals and earn “gambling” chips for our annual Vegas night on March 9th while working out Jan 23rd – March 3rd.
- Glamour Photos: January 21st. Have your hair and makeup professionally done for a fabulous photo shoot. Appointments are limited!
- Toddler Fit: This fun fitness class is open to children of Bella women ages 2 ½ -5. Only \$10/month per child!
- OWL: Operation Weight Loss! Keep on track with your weight loss in this weekly program. Weigh in every Monday; receive a weekly calorie count designed specifically for you and weekly recipe cards.
- Mark your calendars – Bella will be open 8am-Noon on January 16th.