New Year New You

Monday, January 12—Friday, January 16, 2015

Get ready for a week of FREE activities!

				Reservation required *	
Date	**Day**	**Time**	**Location**	**Activities**	**Trainer**
12-Jan	Mon	6:30 AM	B31	Foam Roller & Stretch	Yvonne
		12:15 PM	T39	Cardio Challenge	Alex
		4:00 PM	B31	Ask the Trainer	Michael F.
		5:00 PM	Rockledge	Jiu-Jitsu Demo *	Greg
13-Jan	Tues	12:00 PM	T39	Ballroom Dance *	Chip
		12:30 PM	T39	Tango Lesson *	Chip
		1:15 PM	T39	Spin	Angela
		12:00 PM	B31	Tabata	Ashley
		3:00 PM	B31	How to utilize Exercise Tubing	Yvonne
		5:00 PM	Rockledge	Thai Kickboxing Demo *	Greg
		5:00 PM	B31	Update your workout chart	LaTanya
14-Jan	Wed	7:00 AM	B31	How to maximize your workout	Yvonne
		11:15 AM	B31	Stretch & Foam Roller	Yvonne
		12:00 PM	B31	Yoga Demo *	Catlin
		1:15 PM	T39	Yoga Demo *	Catlin
		12:15 PM	T39	20/20/20	Yvonne
		1:00 PM	T39	Weight Lifting Principles *	Mike S.
		5:00 PM	B31	32's Workout *	Michael F.
		5:30 PM	T39	Spin	Amanda
15-Jan	TH	7:00 AM	B31	Ask the Trainer	Yvonne
		12:00 PM	T39	Afro-Cuban Dance*	Tish
		12:30 PM	T39	Latin Dance *	Tish
		4:00 PM	B31	Kettlebells 101 *	Francois
		6:00 PM	B31	Do you know Judo? *	Brad
16-Jan	Fr	11:00 AM	B31	Cardio Pound	Ashley
		3:00 PM	B31	Ask the Trainer	Michael F.
		4:00 PM	B31	32's Workout *	Michael F.

NIH Fitness Center
Building 31, B4 C18
301-496-8746

The Loft/T39
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301-496-8746

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National Institutes of Health

Event updates at: www.fedesp.org/nih