

# PEOPLE DOING EXERCISE.

[JANUARY SCHEDULE]

**ME**  
MANHATTAN EXERCISE CO.

EXERCISE FOR ALL.  
BEGINNERS / IN BETWEEN / EXPERIENCED

| SESSION TYPE       | DAY       | DATE | TIME | INSTRUCTOR |
|--------------------|-----------|------|------|------------|
| HATHA YOGA         | SATURDAY  | 1/5  | 10AM | CHRISTIAN  |
| HATHA YOGA         | SATURDAY  | 1/12 | 10AM | CHRISTIAN  |
| ZUMBA              | WEDNESDAY | 1/16 | 7PM  | MICHELLE   |
| HATHA YOGA         | SATURDAY  | 1/19 | 10AM | CHRISTIAN  |
| CARDIO KICK BOXING | SATURDAY  | 1/26 | 10AM | SLADKY     |
| ZUMBA              | WEDNESDAY | 1/30 | 7PM  | MICHELLE   |

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