

















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 New Years Day</b> Club Hours: 8:00am - 10:00pm  <b>Strength Class</b> 7:00pm Flex Studio	<b>2 Uno Tournament* (RSVP)</b> 6:00pm - 7:30pm Den  	<b>3 Pilates</b> 7:00am Flex Studio	<b>4 Yoga</b> 7:00pm Flex Studio	<b>5 Movie Night: Barbie</b> 7:00pm Media Room  	<b>6 Resident CKO Class (RSVP)</b> 1:00pm CKO Fitness (Downstairs)  
<b>7 Pilates</b> 3:00pm Flex Studio	<b>8 Strength Class</b> 7:00pm Flex Studio	<b>9 Taylor Swift Era's Tour</b> 7:00pm - 9:00pm Media Room  	<b>10 Video Game Tournament (RSVP)</b> 6:00pm Media Room    <b>Pilates</b> 7:00am Flex Studio	<b>11 Dominos Tournament (RSVP)</b> 6:00pm Den    <b>Yoga</b> 7:00pm Flex Studio	<b>12</b>	<b>13</b>
<b>14 Playoff Football</b> 1:00pm Media Room  <b>Pilates</b> 3:00pm Flex Studio  	<b>15 National Bagel Day</b> 7:30am Lounge    <b>Strength Class</b> 7:00pm Flex Studio	<b>16</b>	<b>17 Poker Tournament (RSVP)</b> 6:00pm Party Room    <b>Pilates</b> 7:00am Flex Studio	<b>18 Cocktail Class (RSVP)</b> 7:00pm - 9:00pm Sky Lounge    <b>Yoga</b> 7:00pm Flex Studio	<b>19 National Popcorn Day</b> 6:00pm Lounge  	<b>20 Ping Pong Tournament (RSVP)</b> 12:00pm Flex Studio  
<b>21 Playoff Football</b> 1:00pm Media Room  <b>Pilates</b> 3:00pm Flex Studio  	<b>22 Strength Class</b> 7:00pm Flex Studio	<b>23</b>	<b>24 Iowa Sports: One-on-One Open House</b> 5:00pm - 8:00pm Flex Room, Gym, Pool  <b>Pilates</b> 7:00am Flex Studio	<b>25 Paint &amp; Sip (RSVP)</b> 7:00pm - 9:00pm Den    <b>Yoga</b> 7:00pm Flex Studio	<b>26</b>	<b>27</b>
<b>28 Playoff Football</b> 1:00pm Media Room  <b>Pilates</b> 3:00pm Flex Studio  	<b>29 Strength Class</b> 7:00pm Flex Studio	<b>30 Movie Night: Residents Choice</b> 7:00pm Media Room  	<b>31 Pilates</b> 7:00am Flex Studio			

\*Light Refreshments will be served  
 \*\*Food Will be served