



# Garden Park Clubhouse Fitness Schedule and Information

January 1 - April 30, 2012

Day/Time	Class	Instructor
<b>Monday</b>		
8:00 am	Cardio & Strength	Shaelynn
6:15 pm	Yoga	Alli
<b>Tuesday</b>		
5:45 am	Cardio & Strength	TJ
<b>Wednesday</b>		
8:00 am	Cardio & Strength	Shaelynn
6:15 pm	Yoga	Alli
<b>Thursday</b>		
5:45 am	Cardio & Strength	TJ

More information available online at,  
**[www.LiveDAYBREAK.com](http://www.LiveDAYBREAK.com)**

## 2012 Holiday Schedule

Sunday, January 1	New Year's Day	No classes
Sunday, April 8	Easter	No classes
Monday, May 28	Memorial Day	No classes
Wednesday, July 4	Independence	No classes
Monday, September 3	Labor Day	No classes
Wednesday, October 31	Halloween	No evening classes
Thursday, November 22	Thanksgiving	No classes
Friday, November 23	Day after Thanks	No classes
Monday, December 24	Christmas Eve	No classes
Tuesday, December 25	Christmas Day	No classes
Monday, December 31	New Year's Eve	No classes

## Group Fitness Pass Prices:

**30-Day Class EFT Pass, \$20**  
**30-Day DCC and Garden Park  
Monthly EFT Pass, \$35**

## Personal Training

Designed with your individual needs in mind, personal training can offer the best fitness results in a one-on-one or small group setting.

**Cost is \$45 per private session or  
\$100 for a group session of  
three to five people**

Register by calling Breck at 801.253.6418 or email, [Breck.Bowcutt@LiveDAYBREAK.com](mailto:Breck.Bowcutt@LiveDAYBREAK.com).

## Upcoming Community Activities

January 3 - DCC Teen Training  
January 7 - Self Defense Class  
January 7 - Special Needs Dance Class  
January 13 - Teen Movie Night  
January 19 - Biggest Loser  
February 11 - Valentine's Day Fancy Dance  
March 5 - Family Fun Night  
March 16 - Teen Movie Night  
March 20 - Red Cross Blood Drive  
April 21 - Garden Affair  
April 23 - Community Clean Up

**Details at [LiveDAYBREAK.com](http://LiveDAYBREAK.com)**

## Find Us on Facebook

Connect with friends and neighbors at the spot where your community council shares the latest about life at Daybreak.

Become a fan of LiveDAYBREAK at  
**[Facebook.com/LiveDAYBREAK](https://www.facebook.com/LiveDAYBREAK)**

**All classes, events and programs are  
subject to change without notification.**