

# January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  <b>New Year's Day</b>	2  <b>Office Closed</b>	3	4  Weight lifting 2:45-4:30 pm  S.O. Basketball 5:30-6:30 & 6:30-7:30 pm	5  Spinners: Vincent Van Gogh Exhibit 6:30-9:00 pm	6  S.O. Weight Lifting 2:45-4:30 pm	7
8	9  Weight lifting 2:45-4:30 pm  CAC: Friends & Fitness 6:00-7:00 pm	10	11  Weight lifting 2:45-4:30 pm  S.O. Basketball 5:30-6:30 & 6:30-7:30 pm	12  Spinners: Line Dancing at Miss Kitty's 5:45-8:30 pm	13  S.O. Weight Lifting 2:45-4:30 pm	14  Club Travel: Cedar Rapids Plant X 9:00 am – 5:00 pm
15	16  Weight lifting 2:45-4:30 pm  Venture Crew 6:30-8:00 pm	17  Smarties 5 6:30-8:00 pm	18  Weight lifting 2:45-4:30 pm  S.O. Basketball 5:30-6:30 & 6:30-7:30 pm	19	20  S.O. Weight Lifting 2:45-4:30 pm  Spinners: Guys' Night at the Barn 6:00-10:30 pm	21
22	23  Weight lifting 2:45-4:30 pm	24  Smarties 5 6:30-8:00 pm	25  Weight lifting 2:45-4:30 pm  S.O. Basketball 5:30-6:30 & 6:30-7:30 pm	26  Spinners: Latin King 6:00-8:30 pm	27  S.O. Weight Lifting 2:45-4:30 pm	28  S.O. Basketball Skills Parkview Middle School Ankeny
29	30  Weight lifting 2:45-4:30 pm  Creations for Critters 6:30-8:00 pm	31  Smarties 5 6:30-8:00 pm				

# February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1  Weight lifting 2:45-4:30 pm  S.O. Basketball 5:30-6:30 & 6:30-7:30 pm	2  Spin Class Heroes 2:45-4:30 pm	3  S.O. Weight Lifting 2:45-4:30 pm	4
5	6  Weight lifting 2:45-4:30 pm	7  Spinners: West Side Story 6:15-10:30 pm	8  Weight lifting 2:45-4:30 pm S.O. Basketball 5:30-6:30 & 6:30-7:30 pm	9  Spin Class Heroes 2:45-4:30 pm	10  S.O. Weight Lifting 2:45-4:30 pm	11  S.O. Basketball Teams District Tournament Drake Bell Center
12	13  Weight lifting 2:45-4:30 pm  CAC: Magic Comedy 7:00-8:00 pm	14	15  Weight lifting 2:45-4:30 pm  S.O. Basketball 5:30-6:30 & 6:30-7:30 pm	16  Spin Class Heroes 2:45-4:30 pm  Spinners: Smokey Row Coffee House & Games 6:30-9:00 pm	17  S.O. Weight Lifting 2:45-4:30 pm	18  Club Travel: Frostbite Olympics 9:00 am – 5:00 pm
19	20  Weight lifting 2:45-4:30 pm  Venture Crew 6:30-8:00 pm	21  Spinners: Iowa Energy Game 6:15-10:15 pm	22  Weight lifting 2:45-4:30 pm  S.O. Basketball 5:30-6:30 & 6:30-7:30 pm	23  Spin Class Heroes 2:45-4:30 pm	24  S.O. Weight Lifting 2:45-4:30 pm	25
26	27  Weight lifting 2:45-4:30 pm	28  S.O. Tack & Field Assessments 5:00-6:00 pm	29  Weight lifting 2:45-4:30 pm  S.O. Basketball 5:30-6:30 & 6:30-7:30 pm			

# March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1  S.O. Swimming Assessments 5:45-6:30 pm	2  S.O. Weight Lifting 2:45-4:30 pm  Spinners: Sleepy Hollow Snow Tubing 6:00-8:30 pm	3
4	5  Weight lifting 2:45-4:30 pm  CAC: Acoustic Melodies 6:00-7:30 pm	6  S.O. Swimming 5:45-6:30 pm  Spinners: Prairie Meadows 6:30-9:30 pm	7  Weight lifting 2:45-4:30 pm  S.O. Basketball 5:30-6:30 & 6:30-7:30 pm	8  S.O. Swimming 5:45-6:30 pm	9  NO S.O. Weight Lifting	10  Special Olympics Mid-Winter Basketball & Weight Lifting Tournament Iowa City
11	12  Weight lifting 2:45-4:30 pm  S.O. Bocce Ball Assessments 5:30-6:30 pm	13  S.O. Swimming 5:45-6:30 pm S.O Track & Field 6:30-7:30 pm	14  Weight lifting 2:45-4:30 pm  Spinners: Flick and Friends 6:15-9:45 pm	15  S.O. Swimming 5:45-6:30 pm S.O Track & Field 6:30-7:30 pm	16	17  <b>St. Patrick's Day</b>
18	19  Weight lifting 2:45-4:30 pm  Venture Crew 6:30-8:00 pm  S.O. Youth & Adult Soccer Assessments 5:30-6:30 pm	20  No S.O. Swimming No S.O. Track & Field	21  NO Weight Lifting  Arabian Nights Annual Spring Fling Dinner & Dance 6:30-9:00 pm	22  No S.O. Swimming No S.O. Track & Field	23	24  Club Travel: Indianola National Balloon Museum 12:45-5:30 pm
25	26  Weight lifting 2:45-4:30 pm  S.O. Bocce Ball & Youth Soccer 5:30-6:30 pm S.O. Adult Soccer 6:30-7:30 pm	27  S.O. Swimming 5:45-6:30 pm S.O Track & Field 6:30-7:30 pm	28  Weight lifting 2:45-4:30 pm  Spinners: Incrediroll 6:00-8:30 pm	29  S.O. Swimming 5:45-6:30 pm S.O Track & Field 6:30-7:30 pm	30	31

# April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<p style="text-align: center;">2</p> <p style="text-align: center;">Weight lifting 2:45-4:30 pm</p> <p>S.O. Bocce Ball &amp; Youth Soccer 5:30-6:30 pm</p> <p>S.O. Adult Soccer 6:30-7:30 pm</p> <p>CAC: Glass Crafts 6:30-8:00 pm</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">S.O. Swimming 5:45-6:30 pm</p> <p>S.O Track &amp; Field 6:30-7:30 pm</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">Weight lifting 2:45-4:30 pm</p> <p style="text-align: center;">Spinners: Ring of Fire 6:30-10:30 pm</p>	<p style="text-align: center;">5</p> <p style="text-align: center;">NO S.O. Swimming NO S.O. Track &amp; Field</p>	<p style="text-align: center;">6</p>	<p style="text-align: center;">7</p>
8  <b>Easter</b>	<p style="text-align: center;">9</p> <p style="text-align: center;">Weight lifting 2:45-4:30 pm</p> <p>S.O. Bocce Ball &amp; Youth Soccer 5:30-6:30 pm</p> <p>S.O. Adult Soccer 6:30-7:30 pm</p>	<p style="text-align: center;">10</p> <p style="text-align: center;">Special Olympics Spring Games Simpson College Indianola</p>	<p style="text-align: center;">11</p> <p style="text-align: center;">Weight lifting 2:45-4:30 pm</p> <p style="text-align: center;">Dancing with the Stars 7:00-8:00 pm</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">NO S.O. Swimming NO S.O. Track &amp; Field</p>	<p style="text-align: center;">13</p>	<p style="text-align: center;">14</p>
15	<p style="text-align: center;">16</p> <p style="text-align: center;">Weight lifting 2:45-4:30 pm</p> <p style="text-align: center;">Venture Crew 6:30-8:00 pm</p> <p>S.O. Bocce Ball &amp; Youth Soccer 5:30-6:30 pm</p> <p>S.O. Adult Soccer 6:30-7:30 pm</p>	<p style="text-align: center;">17</p> <p style="text-align: center;">S.O. Swimming S.O. Track &amp; Field Ice Cream Social 6:00-7:30 pm</p>	<p style="text-align: center;">18</p> <p style="text-align: center;">Weight lifting 2:45-4:30 pm</p> <p style="text-align: center;">Dancing with the Stars 7:00-8:00 pm</p>	<p style="text-align: center;">19</p> <p style="text-align: center;">S.O. Swimming 5:45-6:30 pm</p> <p style="text-align: center;">Spinners: Girls' Night at Parsons Dance 7:00-10:30 pm</p>	<p style="text-align: center;">20</p>	<p style="text-align: center;">21</p> <p style="text-align: center;">Club Travel: Pella Historical Village &amp; Windmill 10:30 am – 5:00 pm</p>
22	<p style="text-align: center;">23</p> <p style="text-align: center;">Weight lifting 2:45-4:30 pm</p> <p>S.O. Bocce Ball &amp; Youth Soccer 5:30-6:30 pm</p> <p>S.O. Adult Soccer 6:30-7:30 pm</p>	<p style="text-align: center;">24</p> <p style="text-align: center;">S.O. Swimming 5:45-6:30 pm</p> <p>S.O Track &amp; Field 6:30-7:30 pm</p> <p style="text-align: center;">Spinners: Azteca 6:30-8:30 pm</p>	<p style="text-align: center;">25</p> <p style="text-align: center;">Weight lifting 2:45-4:30 pm</p> <p style="text-align: center;">Dancing with the Stars 7:00-8:00 pm</p>	<p style="text-align: center;">26</p> <p style="text-align: center;">S.O. Swimming 5:45-6:30 pm</p>	<p style="text-align: center;">27</p>	<p style="text-align: center;">28</p>
29	<p style="text-align: center;">30</p> <p>S.O. Bocce Ball &amp; Youth Soccer 5:30-6:30 pm</p> <p>S.O. Adult Soccer 6:30-7:30 pm</p>					