

# Energetix Fitness

## Winter Session 2012: January 2 - February 24

### Monday 8:30AM

1/02 Fall Creek  
1/09 NO CLASS  
1/16 Lodato Park  
1/23 Pogonip Golf Club Dr  
1/30 Felton Covered Bridges Park  
2/06 Natural Bridges Delaware  
2/13 Pogonip Spring St  
2/20 Henry Cowell- South

### Wednesday 8:30AM

1/04 SC Gardens - Chaminade trails  
1/11 Arana Gulch  
1/18 Anna Jean Cummins Park  
1/25 DeLaveaga trailhead  
2/01 Seabright/ Castle Beach  
2/08 Jose Ave Park  
2/15 San Lorenzo Levee trail  
2/22 SC Harbor

### Friday 8:30AM

1/06 Rio Del Mar - Cafe Rio lot  
1/13 Capitola Beach  
1/20 NO CLASS  
1/27 Vienna Woods  
2/03 Nisene Marks George's Picnic  
2/10 Nisene Mark Ranger Station  
2/17 NO CLASS  
2/24 New Brighton Beach

### Wednesday 10AM low impact

same as 8:30AM locations listed above

### Friday 10:00AM low impact

same as 8:30AM locations listed above  
\*no classes - 1/20, 2/17

### Tuesday 4:00PM

1/03 Pogonip Spring St  
1/10 Schwann Lake/ Simpkins  
1/17 SC Gardens- Chaminade trails  
1/24 Oceanview Park  
1/31 Henry Cowell South  
2/07 Arana Gulch  
2/14 DeLaveaga Trailhead  
2/21 Pogonip Golf Club Dr

### Sunrise/Sunset times

week of 1/02 7:21AM/5:01PM  
week of 1/09 7:21AM/5:07PM  
week of 1/16 7:21AM/5:14PM  
week of 1/23 7:18AM/5:21PM  
week of 1/30 7:14AM/5:28PM  
week of 2/06 7:08AM/5:36PM  
week of 2/13 7:01AM/5:44PM  
week of 2/20 6:53AM/5:51PM