

Community Events:

KIDS NIGHT OUT

Drop the kiddos off from 6-10pm for a night of fun and food to take advantage of the free adult time. Ages: Potty trained to 10 years old.

\$15 for the first child

\$10 for each additional child

Please register by the previous Wednesday.

January 5th Theme: Let it Go
Movie: Frozen

January 19th Theme: Spots
Movie: 101 Dalmatians

CHILD WATCH:

Child watch is only offered during fitness classes.

CUB CLUB

Cub Club is the third Thursday of each month and is offered to kids ages 3-10. Register at the event or at the Southlands Management Office.

Beer Tour:

Come enjoy a guided beer tour by Bruz Beers. They will sample 12 New Belgium style beers.



January 2018

Southshore
27151 East Lakeview Drive
Aurora, CO 80016
720-870-2221

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
	1 Happy New Year! Lakehouse Closed	2 Strength Conditioning &Core 10am-11am Cardio Sculpt 6-7pm Yoga 6-7pm	3 Yogalates 11:00 am -12:00 pm	4 Strength Conditioning &Core 10am-11am Yoga 6-7pm	5 *Kids Night Out 6-10pm at the Lakehouse	6 Nia 9:00am -10:00am
7	8 Yoga 9:30-10:30am Yogalates 11:00 am -12:00 pm	9 Strength Conditioning &Core 10am-11am Cardio Sculpt 6-7pm Yoga 6-7pm	10 Yogalates 11:00 am -12:00 pm	11 Strength Conditioning &Core 10am-11am Yoga 6-7pm	12	13 Nia 9:00am -10:00am
14	15 Lakehouse Closed Martin Luther King Day	16 Strength Conditioning &Core 10:15am-11:15am Cardio Sculpt 6-7pm Yoga 6-7pm	17 Yogalates 11:00 am -12:00 pm	18 Strength Conditioning &Core 10:15am-11:15am Yoga 6-7pm CUB CLUB 4-5pm	19 *Kids Night Out 6-10pm at the Lakehouse	20 Nia 9:00am -10:00am
21	22 Yoga 9:30-10:30am Yogalates 11:00 am -12:00 pm	23 Strength Conditioning &Core 10:15am-11:15am Cardio Sculpt 6-7pm Yoga 6-7pm	24 Yogalates 11:00 am -12:00 pm Beer Tour w Bruz Beers 6-9pm@ the Lakehouse	25 Strength Conditioning &Core 10:15am-11:15am Yoga 6-7pm	26	27 Nia 9:00am -10:00am
28	29 Merry Christmas Lakehouse Closed	30 Strength Conditioning &Core 10am-11am Cardio Sculpt 6-7pm Yoga 6-7pm	31 Yogalates 11:00 am -12:00 pm			

* indicates pre registration required