



January Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Cycle MJ Studio B			Cycle Tory Studio B	Boot Camp Kristen Studio A	
5:45 AM	Boot Camp Glenn Gym		Boot Camp Tracy/Glenn Gym			9:00 in Studio A
8:30 AM	Shallow Water Katie Pool	Shallow Water Karla Pool	Shallow Water Lisa Pool	Shallow Water Karla Pool		1/8 TBC Jason
8:45 AM	Power Up Missy Studio A	H.I.I.T Missy Studio A	TBC Sheri Studio A	Step Chris/Jill Studio A	Power Up Mary Jo Studio A	1/15 TBC Connie
9:00 AM	Cycle Tim Studio B		Cycle Tim Studio B		Cycle Barre Yoga Fusion Cecelia Studio B	1/22 Step Carter
9:30 AM	Deep Water Aerobics Katie Pool		Deep Water Aerobics Lisa Pool			1/29 Zumba Nikki
10:00AM	TRX Circuit Missy Studio A	PowerUp Missy Studio A	Yogalates Cecelia Studio A		Mindset & Movement Wendy Studio A	
10:00AM	Silver Sneakers Classic Dana Studio B	Yoga Sculpt Cecelia Studio B	Silver Sneakers Classic Dana Studio B	Yoga Barre Cecelia Studio B	ForeverWell Strength & Balance Cecelia Studio B	
11:00AM	Zumba Nikki Studio A	Chair Yoga Cecelia Studio B	Yin Yoga Cecelia Studio B	Chair Yoga Cecelia Studio B		
11:30AM					Cycle MaryJo Studio B	
12:15PM		Multi-level Yoga Express Cecelia Studio B		Multi-level Yoga Express Cecelia Studio B		
1:00 PM				Silver Sneakers Classic Teri Studio B	Classes in GREEN are NEW this month!	
4:20 PM		Step Connie/Chris Studio A	Ashtanga Yoga Cecelia Studio B			
5:00 PM	Cycle HIIT Missy Studio B					
5:30 PM	TBC Jason Studio A	Vinyasa Yoga Cecelia Studio B	Vinyasa Yoga Cecelia Studio B	TBC Connie Studio A		
5:30 PM			HIIT Missy Studio A			
6:30 PM		Zumba Concepcion Studio A		Zumba Concepcion Studio A		