

GROUP EXERCISE—JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	6a PlyoPump Christina	6am Muscle Pump Becky	6an Sunrise Yoga Sharon	6am Muscle Pump Becky			
	7:30am Yoga Dorita	7:30an Pilates Jim E.	7:30am Yoga Dorita	7:30an Pilates Jim E.	7:00an Pilates Lindsey	8:15am Upper Body Blast (30 mins) Linda	
	9:15am Abs Lab Diana				9:15am Abs Lab Erica	8:50am Lower Body Blast (30 mins) Linda	
	9:30am Cardio Interval Diana	9:30am Cardio Mix+ Nancy	9:30am Ball Pilates Michelle	9:30am Step Circuit TBD	9:30am CardioBlast Erica	9:30am CardioBox Tracy	
10:30am Step II+ Tracy	10:30am Muscle Pump Michelle	11:00AM KIDZEXERCISE (30 MIN) NANCY	10:30am TBST Michelle	10:30am LBB 30 min. (Lower Body Blast) TBD	10:30am Muscle Pump TBD	10:30am Muscle Pump Diana	
1:00pm Muscle Pump Jim	11:30am Cardio/Flex Michelle		11:30am Cardio/Flex+ Nancy		11:30am Cardio/Flex Nancy	11:30am Pilates Sue	
3:00pm Yoga+ Scott						January 15th: 12:30p Intro to Step January 29th: 12:30p Intro to CardioBox New in January: Wednesday Night Schedule and Wednesday Sunrise Yoga! New in January: Saturday Morning Upper Body and Lower Body Blast	
EVENING CLASSES							
	5:00pm Muscle Pump Jim	4:00pm Yoga Scott		4:15pm Yoga + Stephanie			
	5:30pm TRX (MP Room)	5:30pm Kettlebell (MP Room)	5:30pm TRX (MP Room)	5:30pm Kettlebell (MP Room)	5:30pm Zumba Tracy		
	6:00pm Step II Tracy	5:30pm Muscle Pump Linda	5:30pm Flow Yoga (70 mins) Victoria	5:45pm Zumba Tracy			
	6:30pm TRX (MP Room)	6:45pm Power Yoga Flow Debbie	6:30pm TRX (MP Room)	6:45pm PlyoPump Diana	6:30pm Hatha Yoga Jim E.		
	7pm Zumba Theresa		6:45pm CardioBox Xpress Victoria	(45 mins)			