

JANUARY GROUP FIT SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	AEROBICS ROOM DOWNSTAIRS THURSDAY	YOGA STUDIO UPSTAIRS FRIDAY	CYCLE CLASSES IN CYCLE STUDIO UPSTAIRS SATURDAY	SUNDAY
5:30	STRENGTH & CONDITION STACI (45)		STRENGTH & CONDITION STACI (45)				JANUARY SPECIALTY CLASS ENDURANCE RIDE WITH ELIZABETH SUNDAY JANUARY 28TH 9-10:30AM
5:45		CYCLE CAMIE (45)			CYCLE CAMIE (45)		
8:15						CYCLE STAFF (45)	
9:00	BARBELL STRENGTH PATTY (60)	SILVER CHALLENGE OLIVIA (60)	STRENGTH & CONDITION DANIELLE (60)	SILVER CHALLENGE ELAINE (60)	STRENGTH & CONDITION PATTY (60)	STRENGTH EXPRESS STAFF (30)	
9:00	ALL LEVELS YOGA WENDY (75)		ALL LEVELS YOGA WENDY (75)		YIN YOGA EMILY D (60)		
9:15		CYCLE PATTY (45)		CYCLE RILEY (45)			
9:30						YIN YOGA JAN (60)	
9:30						ZUMBA! KAREN (60)	
10:00		CORE EXPRESS PATTY (30)		CORE EXPRESS RILEY (30)			
10:30	SILVER FITNESS JAN (60)		SILVER FITNESS JAN (60)		SILVER FITNESS JAN (60)		
11:45	BARRE CORE SCULPT JAN (60)		BARRE CORE SCULPT JAN (60)		BARRE CORE SCULPT JAN (60)		
12:05	CYCLE ELIZABETH (45)		CYCLE PATTY (45)		CYCLE ANIKA (45)		
12:15		BOOTCAMP DEDRICK (45)		BOOTCAMP DEDRICK (45)			
4:00		YAMUNA BODY ROLLING CHRISTINE (60)					
4:30	YOGA SEAN (60)		YOGA SEAN (60)				
5:00	STRENGTH EXPRESS STAFF (30)	CYCLE LEAH (60)	STRENGTH EXPRESS OLIVIA (30)		STRETCH, STRENGTH & SPIN		
5:30	ZUMBA! PAOLA (60)	STRENGTH & CONDITION DANIELLE (45)	PILATES OLIVIA (60)	STEP & STRENGTH NEAL (60)	HAPPY HOUR JANUARY 19TH ONLY		
5:30		ALL LEVELS YOGA EMILY McROBBIE (60)	CYCLE CASSIE (45)		ELIZABETH (75)		
5:45	CYCLE STAFF (45)						
6:15		BOXING DEDRICK (45) NO CLASS JANUARY 23 & 30					
6:30	BUTTS & GUTS DEDRICK (45)		BOOT CAMP LUCY (45)				

4-5:15pm
EASY SUNDAY YOGA

JANUARY 7
YIN YOGA
WENDY WETZEL

JANUARY 14
RESTORATIVE
YOGA
EMILY McROBBIE

JANUARY 21
RESTORATIVE
YOGA
EMILY McROBBIE

JANUARY 28
YIN
YOGA
WENDY WETZEL