



\*New Class \*Substitute Class

\*Canceled Class \*Paid Class

## Group Fitness Classes - January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b>  <i>No Classes</i>  <b>Happy New Year!!!</b>  <i>No Classes</i>	<b>2</b> <b>8:15a-9:15</b> Step Interval - Bobby	<b>3</b> <b>8:30a-9</b> <i>Grit Cardio - Canceled</i> <b>9a-9:45</b> <i>Pilates - Canceled</i>	<b>4</b> <b>8:30a-9:30</b> BodyPump - Bobby  <b>9:45a-10:30</b> Stretch&Mobility - Bobby
				<b>6:30p-7:30</b> Dance Fitness - Dwight	<b>6:00p-7:00</b> <i>KickBoxing - Xay &amp; Jared (Paid Class)</i>	
<b>5</b> <i>No Classes</i>	<b>6</b> <b>8:30a-9:30</b> BodyPump - Rachael  <b>9:45-10:45</b> <i>Stretch&amp;Mobility-Bobby</i>	<b>7</b> <b>8:00a-8:30</b> Grit Strength - Bobby  <b>8:30a-9:30</b> Stretch&Mobility-Bobby	<b>8</b> <b>8:30a-9:30</b> Zumba - Bobby	<b>9</b> <b>8:15a-9:15</b> Step Interval - Elbert	<b>10</b> <b>8:30a-9</b> Grit Cardio - Rachael  <b>9a-9:45</b> Pilates - Rachael	<b>11</b> <b>8:30a-9:30</b> BodyPump - Rachael  <b>10a-11</b> Yoga - Katelin
	<b>5:30p-6:30</b> BodyPump - Heather  <b>6:30p-7:30</b> Zumba - Chanel	<b>5:30p-6:30</b> Yoga - Heather  <b>6:30p-7:30</b> BodyCombat - Ashley	<b>6:00p-7:00</b> <i>KickBoxing - Xay &amp; Jared (Paid Class)</i>	<b>6:30p-7:30</b> Dance Fitness - Dwight	<b>6:00p-7:00</b> <i>KickBoxing - Xay &amp; Jared (Paid Class)</i>	
<b>12</b> <i>No Classes</i>	<b>13</b> <b>8:30a-9:30</b> BodyPump - Rachael  <b>9:45-10:45</b> <i>Stretch&amp;Mobil-Canceled</i>	<b>14</b> <b>8:00a-8:30</b> Grit Strength - Bobby  <b>8:30a-9:30</b> Stretch&Mobility-Bobby	<b>15</b> <b>8:30a-9:30</b> Zumba - Bobby	<b>16</b> <b>8:15a-9:15</b> Step Interval - Bobby	<b>17</b> <b>8:30a-9</b> Grit Cardio - Rachael  <b>9a-9:45</b> Pilates - Rachael	<b>18</b> <b>8:30a-9:30</b> BodyPump - Elbert  <b>10a-11</b> Yoga - Katelin
	<b>5:30p-6:30</b> BodyPump - Heather  <b>6:30p-7:30</b> Zumba - Chanel	<b>5:30p-6:30</b> Yoga - Katelin  <b>6:30p-7:30</b> BodyCombat - Ashley	<b>6:00p-7:00</b> <i>KickBoxing - Xay &amp; Jared (Paid Class)</i>	<b>6:30p-7:30</b> Dance Fitness - Dwight	<b>6:00p-7:00</b> <i>KickBoxing - Xay &amp; Jared (Paid Class)</i>	



\*New Class \*Substitute Class

\*Canceled Class \*Paid Class

## Group Fitness Classes - January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>19</b> <i>No Classes</i>	<b>20</b> <b>8:30a-9:30</b> BodyPump – Bobby <b>9:45-10:45</b> Stretch&Mobility-Bobby	<b>21</b> <b>8:00a-8:30</b> Grit Strength – Bobby <b>8:30a-9:30</b> Stretch&Mobility-Bobby	<b>22</b> <b>8:30a-9:30</b> Zumba – Bobby	<b>23</b> <b>8:15a-9:15</b> Step Interval – Elbert	<b>24</b> <b>8:30a-9</b> Grit Cardio - Rachael <b>9a-9:45</b> Pilates - Rachael	<b>25</b> <b>8:30a-9:30</b> BodyPump - Bobby <b>10a-11</b> Yoga - Katelin
	<b>5:30p-6:30</b> BodyPump – Heather <b>6:30p-7:30</b> Zumba – Chanel	<b>5:30p-6:30</b> Yoga – Katelin <b>6:30p-7:30</b> BodyCombat - Ashley	<b>6:00p-7:00</b> KickBoxing - Xay & Jared ( <b>Paid Class</b> )	<b>6:30p-7:30</b> Dance Fitness - Dwight	<b>6:00p-7:00</b> KickBoxing - Xay & Jared ( <b>Paid Class</b> )	
<b>26</b> <i>No Classes</i>	<b>27</b> <b>8:30a-9:30</b> BodyPump – Rachael <b>9:45-10:45</b> Stretch&Mobility-Bobby	<b>28</b> <b>8:00a-8:30</b> Grit Strength – Bobby <b>8:30a-9:30</b> Stretch&Mobility-Bobby	<b>29</b> <b>8:30a-9:30</b> Zumba – Bobby	<b>30</b> <b>8:15a-9:15</b> Step Interval – Bobby	<b>31</b> <b>8:30a-9</b> Grit Cardio - Rachael <b>9a-9:45</b> Pilates - Rachael	
	<b>5:30p-6:30</b> BodyPump – Heather <b>6:30p-7:30</b> Zumba – Chanel	<b>5:30p-6:30</b> Yoga – Katelin <b>6:30p-7:30</b> BodyCombat - Ashley	<b>6:00p-7:00</b> KickBoxing - Xay & Jared ( <b>Paid Class</b> )	<b>6:30p-7:30</b> Dance Fitness - Dwight	<b>6:00p-7:00</b> KickBoxing - Xay & Jared ( <b>Paid Class</b> )	