

Fit for Life 24 Group Fitness

JANUARY 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	31	1	2	3	4	5	
5:30-6:30am	<p>HAPPY NEW YEAR!</p> <p>NO CLASSES</p> <p>NEW CLASSES FOR 2019</p> <p>ATHLETIC HIIT with Jessica & Lori</p> <p>Classes highlighted in pink are NEW</p> <p>TIME CHANGES</p> <p>JANUARY IS LAUNCH MONTH! New and exciting classes, music and choreography! Bring a friend to any class all month long!</p>			ATHLETIC HIIT Jessica			
8:30-9:30am			ATHLETIC HIIT Lori	CYCLING Cathy	ZUMBA Natalia	BODYPUMP Christy	
9:30-10:30am			BODYPUMP Kelly SMARTFIT HIIT UB	BODYJAM Morgan SMARTFIT HIIT TB	BODYPUMP Kelly SMARTFIT BOOTCAMP	BODYCOMBAT Jessica SMARTFIT BOOTCAMP	
10:30-11:30am					SENIOR FIT Kelly	BODYPUMP Kelly	<p>LAUNCH MONTH KICK OFF ZUMBA & HIP HOP PARTY!</p> <p>10:30-12:00 Chanel, Natalia, Chris & Stephanie</p>
5:30-6:30pm			BODYCOMBAT Jessica CYCLING Rhonda SMARTFIT HIIT LB SMARTFIT CORE BLAST	BODYPUMP Kelly SMARTFIT HIIT TB		ATHLETIC HIIT Jessica	
6:00-6:30pm							
6:30-7:30pm			SMARTFIT HIIT LB BODYJAM Chanel	ZUMBA Chanel CYCLING Kevin SMARTFIT BOOTCAMP			
7:30-8:30pm				YOGA Katie	HIP HOP Stephanie		
	7	8	9	10	11	12	
5:30-6:30am		BODYPUMP Lisa		ATHLETIC HIIT Jessica			
8:30-9:30am	ATHLETIC HIIT Lori	ZUMBA Natalia	ATHLETIC HIIT Lori	CYCLING Cathy	ZUMBA Natalia	BODYPUMP Christy	
9:30-10:30am	BODYPUMP Rachael SMARTFIT HIIT TB	BODYCOMBAT Morgan CYCLING Cathy SMARTFIT HIIT UB	BODYPUMP Kelly SMARTFIT BOOTCAMP	BODYJAM Morgan SMARTFIT HIIT LB	BODYPUMP Kelly SMARTFIT HIIT TB	BODYCOMBAT Lori SMARTFIT HIIT TB	
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly		ZUMBA Stephanie	
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan SMARTFIT BOOTCAMP	BODYPUMP Kelly SMARTFIT HIIT LB	BODYCOMBAT Jessica R CYCLING Rhonda SMARTFIT BOOTCAMP	BODYPUMP Kelly SMARTFIT HIIT UB	ATHLETIC HIIT LAUNCH PARTY with the ATHLETIC HIIT TEAM!		
6:00-6:30pm	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST				
6:30-7:30pm	BODYCOMBAT Ashley SMARTFIT BOOTCAMP	ZUMBA Chris SMARTFIT HIIT LB CYCLING Kevin	SMARTFIT BOOTCAMP BODYJAM Chanel	ZUMBA Chanel CYCLING Kevin SMARTFIT HIIT UB			
7:30-8:30pm	YOGA Kristen	HIP HOP Stephanie	YOGA LAUNCH PARTY with Katie!	HIP HOP Stephanie			
	14	15	16	17	18	19	
5:30-6:30am		BODYPUMP Lisa		ATHLETIC HIIT Jessica			
8:30-9:30am	ATHLETIC HIIT Jessica	ZUMBA Natalia	ATHLETIC HIIT Jessica	CYCLING Cathy	ZUMBA Natalia	BODYPUMP Christy	
9:30-10:30am	BODYPUMP Rachael SMARTFIT HIIT TB	BODYCOMBAT Morgan CYCLING Cathy SMARTFIT HIIT LB	BODYPUMP Kelly SMARTFIT BOOTCAMP	BODYJAM Morgan SMARTFIT HIIT TB	BODYPUMP Kelly SMARTFIT HIIT TB	BODYCOMBAT Jessica SMARTFIT BOOTCAMP	

10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly		ZUMBA Stephanie
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan SMARTFIT BOOTCAMP	BODYPUMP LAUNCH PARTY with the BODYPUMP TEAM! SMARTFIT HIIT UB	BODYCOMBAT Jessica CYCLING Rhonda SMARTFIT HIIT LB	BODYPUMP Kelly SMARTFIT BOOTCAMP	ATHLETIC HIIT Jessica	
6:00-6:30pm	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST			
6:30-7:30pm	BODYCOMBAT LAUNCH PARTY with the BODYCOMBAT TEAM! SMARTFIT BOOTCAMP	ZUMBA Chris SMARTFIT HIIT UB CYCLING Kevin	BODYJAM LAUNCH PARTY with the BODYJAM TEAM! SMARTFIT HITT LB	ZUMBA Chanel CYCLING Kevin SMARTFIT HIIT TB		
7:30-8:30pm	YOGA Kristen	HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		
	21	22	23	24	25	26
5:30-6:30am		BODYPUMP Lisa		ATHLETIC HIIT Jessica		
8:30-9:30am	ATHLETIC HIIT Lori	ZUMBA Natalia	ATHLETIC HIIT Lori	CYCLING Cathy	ZUMBA Natalial	BODYPUMP Kelly
9:30-10:30am	BODYPUMP Rachael SMARTFIT HIIT TB	BODYCOMBAT Morgan CYCLING Cathy SMARTFIT HIIT LB	BODYPUMP Kelly SMARTFIT BOOTCAMP	BODYJAM Morgan SMARTFIT HIIT TB	BODYPUMP Kelly SMARTFIT HIIT TB	BODYCOMBAT Lori SMARTFIT BOOTCAMP
10:30-11:30am		SENIOR FIT Carol		SENIOR FIT Kelly		ZUMBA Stephanie
5:30-6:30pm	CYCLING Rhonda BODYJAM Morgan SMARTFIT BOOTCAMP	BODYPUMP Kelly SMARTFIT HIIT UB	BODYCOMBAT Jessica SMARTFIT HIIT LB CYCLING LAUNCH PARTY with the CYCLING TEAM!	BODYPUMP Kelly SMARTFIT BOOTCAMP	ATHLETIC HIIT Jessica	
6:00-6:30pm	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST	SMARTFIT CORE BLAST			
6:30-7:30pm	BODYCOMBAT Ashley SMARTFIT BOOTCAMP	ZUMBA Chris SMARTFIT HIIT UB CYCLING Kevin	BODYJAM Chanel SMARTFIT HITT LB	ZUMBA Chanel CYCLING Kevin SMARTFIT HIIT TB		
7:30-8:30pm	YOGA Kristen	HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		
	28	29	30	31	1	2
5:30-6:30am		BODYPUMP Lisa		ATHLETIC HIIT Jessica		
8:30-9:30am	ATHLETIC HIIT Lori	ZUMBA Natalia	ATHLETIC HIIT Lori	CYCLING Cathy	ZUMBA Chanel	BODYPUMP Christy
9:30-10:30am	BODYPUMP Rachael SMARTFIT HIIT TB	BODYCOMBAT Morgan CYCLING Cathy SMARTFIT HIIT LB	BODYPUMP Kelly SMARTFIT BOOTCAMP	BODYJAM Morgan SMARTFIT HIIT TB	BODYPUMP Kelly SMARTFIT HIIT TB	BODYCOMBAT Jessica SMARTFIT BOOTCAMP
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7:30-8:30pm	YOGA Kristen	HIP HOP Stephanie	YOGA Katie	HIP HOP Stephanie		