



New on the Schedule

Group Fitness Classes - January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>No Classes</i> <i>Happy New Year!!</i> <i>No Classes</i>	2 8:00a-8:30 Grit Strength - Bobby 8:30a-9 Stretch&Mobility-Bobby 5:30p-6:30 BodyPump - Heather 6:30p-7:30 BodyCombat - Ashley	3 8:30a-9:30 Zumba - Bobby 7:00p-8:00 Hip Hop - Stephanie	4 8:15a-9:15 Step Interval - Elbert	5 8:30a-9:30 BodyPump - Lisa 9:45a-10:45 Yoga - Hannah	6 8:30a-9:30 BodyPump - Bobby 10a-11 Yoga - Hannah T
7 <i>No Classes</i>	8 8:30a-9:30 BodyPump - Rachael 9:45a-10:45 Yoga - Hannah	9 8:00a-8:30 Grit Strength - Bobby 8:30a-9 Stretch&Mobility-Bobby	10 8:30a-9:30 Zumba - Bobby	11 8:15a-9:15 Step Interval - Bobby	12 8:30a-9:30 BodyPump - Lisa 9:45a-10:45 Yoga - Hannah	13 8:30-9:30 Cycling - Rachael 10a-11 Yoga - Hannah W
	5:30p-6:30 Cycling - Heather 6:30p-7:30 Zumba - Chanel	5:30p-6:30 BodyPump - Heather 6:30p-7:30 BodyCombat - Ashley	7:00p-8:00 Hip Hop - Stephanie			
14 <i>No Classes</i>	15 8:30a-9:30 BodyPump - Rachael 9:45a-10:45 Yoga - Hannah	16 8:00a-8:30 Grit Strength - Bobby 8:30a-9 Stretch&Mobility-Bobby	17 8:30a-9:30 Zumba - Bobby	18 8:15a-9:15 Step Interval - Elbert	19 8:30a-9:30 BodyPump - Lisa 9:45a-10:45 Yoga - Hannah	20 8:30a-9:30 Cycling - Rachael 10a-11 Yoga - Hannah T
	5:30p-6:30 Cycling - Heather 6:30p-7:30 Zumba - Chanel	5:30p-6:30 BodyPump - Heather 6:30p-7:30 BodyCombat - Ashley	Hip Hop <i>Now on Thursdays</i>	6:30p-7:30 Hip Hop - Dwight		



LAUNCH WEEK
New Releases All Week!
Attend a Class & Enter to Win!

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	5:30p-6:30 Cycling – Heather 6:30p-7:30 Zumba – Chanel	5:30p-6:30 BodyPump – Heather 6:30p-7:30 BodyCombat - Ashley	Hip Hop Now on Thursdays	6:30p-7:30 Hip Hop - Dwight		
28 <i>No Classes</i>	29 8:30a-9:30 BodyPump – Rachael 9:45a-10:45 Yoga - Hannah	30 8:00a-8:30 Grit Strength – Bobby 8:30a-9 Stretch&Mobility-Bobby	31 8:30a-9:30 Zumba – Bobby			
	5:30p-6:30 Cycling – Heather 6:30p-7:30 Zumba – Chanel	5:30p-6:30 BodyPump – Heather 6:30p-7:30 BodyCombat - Ashley				