



GROUP FITNESS SCHEDULE JANUARY 2020

January 2nd – 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30	31	1	2	3	4
8:30AM	<p style="text-align: center;">NO CLASSES! Happy New Year!</p>			STRONG Yajaira	ZUMBA Yajaira	BODYPUMP Lisa
9:00AM					HIIT CYCLING (30MIN) Rachael	
9:30AM				BODYJAM Morgan CYCLING Lizzie	BODYPUMP Rachael	BODYCOMBAT Lisa
10:30AM				SENIOR FIT Carol	STRETCH & MEDITATE (30MIN) Morgan	BODYJAM Morgan & Chanel
4:30PM				YOGALATES Kelsie		
5:30PM				BODYCOMBAT Jessica	BODYPUMP EXPRESS Jessica	
6:00PM					STRONG 30 Jessica	
6:30PM				ZUMBA Chanel		
7:00PM						
7:30PM				HIP HOP Stephanie		

January 2020 is BRING A FRIEND month! Bring a friend to ANY group fitness class all month for FREE.



GROUP FITNESS SCHEDULE JANUARY 2020

January 6th – 11th LESMILLS LAUNCH WEEK!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6	7	8	9	10	11
8:30AM	BODYPUMP Rachael	ZUMBA Yajaira		STRONG Yajaira	ZUMBA Yajaira	BODYPUMP Christy
9:00AM					HIIT CYCLING (30MIN) Rachael	
9:30AM	YOGALATES Kelsie HIIT CYCLING Rachael	CYCLING Lizzie	BODYPUMP Kelsie	BODYJAM Morgan CYCLING Lizzie	BODYPUMP Rachael	STRONG Kelsie
10:30AM	STRETCH & MEDITATE (30MIN) Morgan	SENIOR FIT Wendy		SENIOR FIT Carol	STRETCH & MEDITATE (30MIN) Morgan	DANCE FUSION Morgan
4:30PM		DANCE FUSION Morgan		YOGALATES Kelsie		
5:30PM	BODYJAM LAUNCH Morgan CYCLING Allison	BODYPUMP LAUNCH Lisa & Jessica	YOGA Katie CYCLING Allison	BODYCOMBAT LAUNCH Jessica & Ashley	BODYPUMP EXPRESS Jessica	
6:00PM					STRONG 30 Jessica	
6:30PM	BODYCOMBAT Ashley	STRONG 30 Kelsie	BODYPUMP Jessica	ZUMBA Chanel		
7:00PM		YOGA 30 Kelsie				
7:30PM	MIXXED FIT Chanel	HIP HOP Stephanie		HIP HOP Stephanie		

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GROUP FITNESS SCHEDULE JANUARY 2020

January 13th – 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	13	14	15	16	17	18
8:30AM	BODYPUMP Rachael	ZUMBA Yajaira		STRONG Yajaira	ZUMBA Yajaira	BODYPUMP Kelsie
9:00AM					HIIT CYCLING (30MIN) Rachael	
9:30AM	YOGALATES Kelsie HIIT CYCLING Rachael	CYCLING Lizzie	BODYPUMP Kelsie	BODYJAM Morgan CYCLING Lizzie	BODYPUMP Rachael	CYCLING ROCK PARTY All rock playlist! Lizzie & Allison
10:30AM	STRETCH & MEDITATE (30MIN) Morgan	SENIOR FIT Wendy		SENIOR FIT Carol	STRETCH & MEDITATE (30MIN) Morgan	ZUMBA Chanel
4:30PM		DANCE FUSION Morgan		YOGALATES Kelsie		
5:30PM	BODYJAM Morgan CYCLING Allison	BODYPUMP Lisa	YOGA Katie CYCLING Allison	BODYCOMBAT Jessica	BODYPUMP EXPRESS Jessica	
6:00PM					STRONG 30 Jessica	
6:30PM	BODYCOMBAT Ashley	STRONG 30 Kelsie	BODYPUMP Jessica	ZUMBA Chanel		
7:00PM		YOGA 30 Kelsie				
7:30PM	MIXXED FIT Chanel	HIP HOP Stephanie		HIP HOP Stephanie		

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GROUP FITNESS SCHEDULE JANUARY 2020

January 20th –25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	20	21	22	23	24	25
8:30AM	BODYPUMP Rachael	ZUMBA Yajaira		STRONG Yajaira	ZUMBA Yajaira	BODYPUMP Lisa
9:00AM					HIIT CYCLING (30MIN) Rachael	
9:30AM	YOGALATES Kelsie HIIT CYCLING Rachael	CYCLING Lizzie	BODYPUMP Kelsie	BODYJAM Morgan CYCLING Lizzie	BODYPUMP Rachael	STRONG Kelsie
10:30AM	STRETCH & MEDITATE (30MIN) Morgan	SENIOR FIT Wendy		SENIOR FIT Carol	STRETCH & MEDITATE (30MIN) Morgan	BODYJAM Morgan & Chanel
4:30PM		DANCE FUSION Morgan		YOGALATES Kelsie		
5:30PM	BODYJAM Morgan CYCLING Allison	BODYPUMP Lisa	YOGA Katie CYCLING Allison	BODYCOMBAT Jessica	BODYPUMP EXPRESS Jessica	
6:00PM					STRONG 30 Jessica	
6:30PM	BODYCOMBAT Ashley	STRONG 30 Kelsie	BODYPUMP Jessica	ZUMBA Chanel	FRIDAY NIGHT DANCE PARTY! Benefitting PITT Friends! Donations needed on flyer!	
7:00PM		YOGA 30 Kelsie				
7:30PM	MIXXED FIT Chanel	HIP HOP Stephanie		HIP HOP Stephanie		

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GROUP FITNESS SCHEDULE JANUARY 2020

January 27th – February 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	27	28	29	30	31	1
8:30AM	BODYPUMP Rachael	ZUMBA Yajaira		STRONG Yajaira	ZUMBA Yajaira	BODYPUMP Christy
9:00AM					HIIT CYCLING (30MIN) Rachael	
9:30AM	YOGALATES Kelsie HIIT CYCLING Rachael	CYCLING Lizzie	BODYPUMP Kelsie	BODYJAM Morgan CYCLING Lizzie	BODYPUMP Rachael	BODYCOMBAT Lisa
10:30AM	STRETCH & MEDITATE (30MIN) Morgan	SENIOR FIT Wendy		SENIOR FIT Carol	STRETCH & MEDITATE (30MIN) Morgan	ZUMBA Chanel
4:30PM		DANCE FUSION Morgan		YOGALATES Kelsie		
5:30PM	BODYJAM Morgan CYCLING Allison	BODYPUMP Lisa	YOGA Katie CYCLING Allison	BODYCOMBAT Jessica	BODYPUMP EXPRESS Jessica	
6:00PM					STRONG 30 Jessica	
6:30PM	BODYCOMBAT Ashley	STRONG 30 Kelsie	BODYPUMP Jessica	ZUMBA Chanel		
7:00PM		YOGA 30 Kelsie				
7:30PM	MIXXED FIT Chanel	HIP HOP Stephanie		HIP HOP Stephanie		

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