

# January 2020!

## HAPPY NEW YEAR!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>START 2020 with a CLASS ATTENDANCE CHALLENGE!</b>  <b>Jan. 15<sup>th</sup> – Mar. 15<sup>th</sup>.</b>  <b>You choose: Lululemon or Athleta clothing as prize!</b>  <a href="mailto:TrishaFFL24@gmail.com">TrishaFFL24@gmail.com</a> to sign up.  <b>Track thru Slack App.</b></p>	<p>30            BODYPUMP: 5:40 PM            CYCLE: 6:15PM (last class)            BODYCOMBAT: 6:45PM</p>	<p>31            BODYPUMP 7AM            CYCLE H.I.I.T 9:20AM            SENIORFIT: CANCELLED              EVENING CLASSES: CANCELLED</p>	<p>1            HAPPY NEW YEAR!              BODYPUMP 10:00AM              All Other Classes CANCELLED</p>	<p>2            BODYPUMP 5:40AM            BODYPUMP 9:30AM            SENIORFIT 11:00 AM            ZUMBA 6:00 PM            YOGA 7:05 PM</p>	<p>3            CYCLE 6:00AM            STRONG by ZUMBA is temp off schedule for Jan            YOGA 10:10 AM              BODYPUMP 5:30 PM trial thru end of Jan to gauge attendance</p>	<p>4            LEGS/CORE 7:45AM            BODYPUMP: 9:00AM            BODYATTACK: 10:05</p>
<p>5            HIIT: High Intensity Interval Training            NEW Monday mornings: leg strengthening work with bursts of aerobic work done low or high impact. Self warm up on treadmill suggested 5:50-6am.</p>	<p>6            HIIT legs/Cardio 6-6:30am            BODYPUMP 5:40 PM            BODYCOMBAT 6:45PM</p>	<p>7            BODYPUMP 5:40AM            CYCLE H.I.I.T 9:30AM            SENIORFIT 11:15AM            ZUMBA 6:00PM            NEW TO CLASSES? LEARN THE MOVES for BodyPump 6:30-6:55p            MUST SIGN UP: email: trishaffl24@gmail.com            YOGA 7:05PM</p>	<p>8            CYCLE 5:40AM            SENIORFIT 11:15AM            BODYATTACK 6:00PM            BODYPUMP 6:45</p>	<p>9            BODYPUMP 5:40AM            BODYPUMP 9:30AM            SENIORFIT 11:00 AM            ZUMBA 6:00 PM            YOGA 7:05 PM</p>	<p>10            CYCLE 6:00AM            STRONG by ZUMBA is temp off schedule for Jan            YOGA 10:10 AM              BODYPUMP 5:30 PM trial thru end of Jan to gauge attendance</p>	<p>11            LEGS/CORE 7:45AM            BODYPUMP: 9:00AM            BODYATTACK: 10:05</p>
<p>12            LEGS/CORE:            NEW! 1 hour plus a little—emphasis on Leg strengthening work and Core challenges, with a Plyometric finisher (low impact options provided) The PLUS is for extra stretching. Finished by 8:50am-ish</p>	<p>13            HIIT legs/Cardio 6-6:30am            BODYPUMP: 5:40 PM            BODYCOMBAT: 6:45PM</p>	<p>14            BODYPUMP 5:40AM            CYCLE H.I.I.T 9:30AM            SENIORFIT 11:15AM            NEW TO CLASSES? LEARN THE MOVES for BodyPump 6:30-6:55p            MUST SIGN UP: email: trishaffl24@gmail.com            ZUMBA 6:00PM            YOGA 7:05PM</p>	<p>15            ATTENDANCE CHALLENGE BEGINS!            CYCLE 5:40AM            SENIORFIT 11:15AM            BODYATTACK: 6:00PM            BODYPUMP 6:45</p>	<p>16            BODYPUMP 5:40AM            BODYPUMP 9:30AM            SENIORFIT 11:00 AM            ZUMBA 6:00 PM            YOGA 7:05 PM</p>	<p>17            CYCLE 6:00AM            STRONG by ZUMBA is temp off schedule for Jan            YOGA 10:10 AM              BODYPUMP 5:30 PM trial thru end of Jan to gauge attendance</p>	<p>18            LEGS/CORE 7:45AM            BODYPUMP 9:00AM            BODYATTACK 10:05</p>

<p style="text-align: right;">19</p> <p><b>NEW TO CLASSES?</b> Start out with BODYPUMP, a strength class. COME TO OUR "LEARN THE MOVES" a 25 minute intro to BodyPump where we do the first 4 tracks of class while learning proper form and weight selection</p>	<p style="text-align: right;">20</p> <p><b>HIIT legs/Cardio 6-6:30am</b> BODYPUMP 5:40 PM <b>BODYCOMBAT LAUNCH!!</b> 6:45PM</p>	<p style="text-align: right;">21</p> <p>BODYPUMP 5:40AM CYCLE H.I.I.T 9:30AM SENIORFIT 11:15AM <b>NEW TO CLASSES? LEARN THE MOVES for BodyPump 6:30-6:55p</b> <b>MUST SIGN UP:</b> email: <a href="mailto:trishaffl24@gmail.com">trishaffl24@gmail.com</a> ZUMBA 6:00PM YOGA 7:05PM</p>	<p style="text-align: right;">22</p> <p>CYCLE 5:40AM SENIORFIT 11:15AM BODYATTACK 6:00PM BODYPUMP 6:45</p>	<p style="text-align: right;">23</p> <p>BODYPUMP 5:40AM BODYPUMP 9:30AM SENIORFIT 11:00 AM ZUMBA 6:00 PM YOGA 7:05 PM</p>	<p style="text-align: right;">24</p> <p>CYCLE 6:00AM STRONG by ZUMBA is temp off schedule for Jan YOGA 10:10 AM</p> <p>BODYPUMP 5:30 PM trial thru end of Jan to gauge attendance</p>	<p style="text-align: right;">25</p> <p><b>LEGS/CORE 7:45AM</b> <b>BODYPUMP LAUNCH!!</b> 9:00AM <b>BODYATTACK LAUNCH!!</b> 10:05</p>
<p style="text-align: right;">26</p> <p><b>BOOTCAMP</b> class schedule moved to separate calendar because these are not part of class attendance challenge</p>	<p style="text-align: right;">27</p> <p><b>HIIT legs/Cardio 6-6:30am</b> BODYPUMP 5:40PM BODYCOMBAT 6:45PM</p>	<p style="text-align: right;">28</p> <p>BODYPUMP 5:40AM CYCLE H.I.I.T 9:30AM SENIORFIT 11:15AM ZUMBA 6:00PM YOGA 7:05PM</p>	<p style="text-align: right;">29</p> <p>CYCLE 5:40AM SENIORFIT 11:15AM BODYATTACK 6:00PM BODYPUMP 6:45</p>	<p style="text-align: right;">30</p> <p>BODYPUMP 5:40AM BODYPUMP 9:30AM SENIORFIT 11:00 AM ZUMBA 6:00 PM YOGA 7:05 PM</p>	<p style="text-align: right;">31</p> <p>CYCLE 6:00AM STRONG by ZUMBA is temp off schedule for Jan YOGA 10:10 AM</p> <p>BODYPUMP 5:30 PM trial thru end of Jan to gauge attendance</p>	<p><b>**RED</b> indicates a <b>NEW CLASS</b> <b>**BLUE</b> marks a cancellation due to the Holidays <b>Yellow-time chg for holidays only</b> <b>DOWNLOAD THE SLACK APP on your smartphone.</b> email <a href="mailto:Trishaffl24@gmail.com">Trisha McDuffee @ Trishaffl24@gmail.com</a> To be added! You need to do this to be counted in our attendance challenge!</p>