

HOLIDAY HOURS
 12/31, 5 am – 5 pm
 1/1/2019 Closed
 1/21, 5 am – 5 pm

BODYPUMP LAUNCH

Saturday the 12th at
 9:20 am
 No 8:15 class that day

NEW CLASSES

Mondays
 BARBELL TECHNIQUE at
 10:15 am
 BODYPUMP EXPRESS at
 10:30
 CYCLE at 11:25
 DANCEBODY FITNESS moves
 to 5:35 pm
Mondays and Wednesdays
 Healthy Backs moves to 10:45

VIRTUAL CLASSES

- Thursdays, 5 pm
 CXWORX (30 min)
- Tues. and Thurs.
 at 6:40 pm
 BODYCOMBAT



Group Fitness Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:05 AM		BOOTCAMP Janna 21 Von	BODYPUMP Robin 5:20 CYCLE Abby 1 no classes	BOOTCAMP Janna 2 Von	BODYPUMP Meghan 24 Traci	BOOTCAMP Von	
8:15 AM		20/20/20 Janna 21 BODYPUMP Molly CYCLE Randy 21 Donna	FITNESS FUSION Kelley SilverSneakers® CIRCUIT (AAC) David (CC) 1 no classes	CORE & MORE Janna 2 STRONG Karen CYCLE Donna	BODYPUMP Robin Cardio Impact (AAC) Vicki (CC, 3 Lola) 10, 24 Kelley	STEP Vicki CYCLE Heather 8:30 UPPER BODY BLAST(AAC) Karen	8:15 CARDIO STEP Kelley 12 no class 19 Anna
9:15 AM		9:00 AQUA Cecilia GENTLE YOGA Barbara 7 VIRTUAL BODYFLOW	9:00 AQUA Cecilia 8 Vicki BODYPUMP Donna SilverSneakers® CLASSIC (AAC) David (Tammy) 1 no classes	9:00 AQUA Cecilia 2 Lisa YOGA Barbara	9:00 AQUA Vicki SilverSneakers® CLASSIC (AAC) David (CC 3 Lola) 9:20 ZUMBA GOLD Donna	9:00 AQUA Cecilia 4 Lola ZUMBA GOLD Karen 9:15 YIN YOGA (AAC) Tammy	9:20 BODYPUMP Anna 12 BODYPUMP LAUNCH
10:15 AM		BARBELL TECHNIQUE (15) & 10:30 BODYPUMP EXPRESS (45) Robin 11:25 CYCLE (30) Robin 10:45 HEALTHY BACKS (AAC) Lisa	BASIC TAI CHI (AAC) Jesse 10:20 ZUMBA GOLD Donna 1 no classes	BARBELL FITNESS Molly 11:00 LOW IMPACT Heather (45) 10:45 HEALTHY BACKS (AAC) Lisa	TAI CHI Jesse		10:30 DDP Yoga Ben
11:30 AM			BALANCE & STRETCH Alden 1 no class		BALANCE & STRETCH Alden		
1:00 PM	1:10 YOGA Heather 20 Kathy	SilverSneakers® CIRCUIT (AAC) Barbara 7 Lola		SilverSneakers® CLASSIC (AAC) David			FREE TOT WATCH
2:00 PM		SilverSneakers® YOGA (AAC) Barbara 7 Tammy		SilverSneakers® YOGA (AAC) David			Monday - Friday 8 am – Noon 4 pm – 8 pm
4:30 PM	2:30 - 3:30 TONE & TIGHTEN Meghan	BODYPUMP Anna 7 Ashley 21 no class	H.I.I.T Melanie CYCLE Anna 1 no classes	TONE & TIGHTEN Anna FITNESS FUSION 55+ (AAC) Melanie 2 Tera	20/20/20 Melanie 3 Anna 5 PM VIRTUAL CXWORX	DANCEBODY FITNESS Tera	Saturday 8 – 12 pm
5:35 PM	3:30 – 4:30 DANCE & BARRE Tera	DANCEBODY FITNESS Tera 21 no class	BODYPUMP Ashley 1 no classes	CYCLE Abby DANCEBODY FITNESS Tera	BODYPUMP Ashley		Sunday 1 – 5 pm
6:40 PM		VIRTUAL BODYCOMBAT 21 no class	SLOW FLOW YOGA Kathy 1 no class	DDP YOGA Ben	VIRTUAL BODYCOMBAT		