

# January Fitness Class Schedule

**BLACK = Studio #1**

*Italic= Studio #2*

Starts	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00	Core,Strength,Cardio w/Christy	Body Sculpt w/ Ann	Core,Strenth,Cardio w/Christy	Body Sculpt w/ Ann		
8:00	Hydro Challenge w/ Sue (Indoor Pool) Classic Aerobics w/ Ann	Hydro Challenge w/ Jason (Indoor Pool) H I I T w/ Sonia	Hydro Challenge w/ Sue (Indoor Pool) Classic Aerobics w/ Ann	Hydro Challenge w/ Jason (Indoor Pool) H I I T w/ Sonia	Hydro Challenge w/Jason/Sue (Indoor Pool) Classic Aerobics w/ Ann	Zumba w/Jerry
	<i>Tai Chi (Essentials)</i> w/Charlie		<i>Tai Chi (Essentials)</i> w/Charlie		<i>Tai Chi (Yang Style)</i> w/ Charlie	
9:00	KettleBell/Body Weight w/ Wally	Zumba w/Shantoya <i>Yin Yoga</i> w/Christine	KettleBell/ Body Weight w/ Wally	Zumba w/Shantoya <i>Yin Yoga</i> w/Christine	KettleBell/Body Weight w/Wally	Yoga/Medit'n w/Jerry
10:00	Total Body Conditioning w/Norma <i>Zumba</i> w/ Laurie	20-20-20 w/ Patti <i>Pilates Challenge</i> w/ Juls	Total Body Conditioning w/Norma <i>Zumba</i> w/ Laurie	20-20-20 w/ Patti <i>Pilates Challenge</i> w/ Juls	Total Body Conditioning w/ Norma <i>Zumba</i> w/ Laurie	20-20-20 w/Patti
11:00	Pilates BLAST w/Ann	Gentle Cardio Strength w/ Patti	Pilates BLAST w/Ann	Gentle Cardio Strength w/ Patti	Pilates BLAST w/Ann	Gentle Cardio Strength w/ Patti
12:00						
01:00		Senior Strength & Stability w/ Matt		Senior Strength & Stability w/ Matt	Chair Yoga w/ Karen	
02:00	Sit & Fit w/ Juls	Stretch & Flex w/Matt	Sit & Fit w/ Juls	Stretch & Flex w/Matt		
03:00						
04:00		Yoga w/ Shari		Yoga w/ Shari		
05:00						

Studios Phone: 935-6752

Fitness Center Phone: 935-6740

All Classes \$4 (\$3 w/punch card ) unless specified  
Guests may not use punch card

Hours: M-Th 6am-6pm, Fri 6am-4pm

Sat/Sun 7am-4pm

**NEW CLASSES:** Pilates Challenge with Juls on T/TH at 10:00

Chair Yoga with new instructor Karen on Fridays at 1:00

Additional session of Gentle Cardio Strength on Saturdays at 11:00

AND DON'T FORGET WELLBEATS

IS AVAILABLE....VIRTUAL CLASSES!

WISHING YOU A HAPPY & HEALTHY NEW YEAR !!