

January
Class Schedule



HAPPY NEW YEAR!!
No classes on
Friday January the
1st

Class	Time	Instructor
<i>Monday</i>		
Bootcamp	5:30 AM – 6:15 AM	Amanda
Intervals	9:30 AM – 10:15 AM	Jennifer
Cardio Strength	12:00 PM – 12:45 PM	Betsy
Power Spin	6:00 PM – 6:45 PM	Luanne
Total Body	7:00 PM – 7:45 PM	Wendy
<i>Tuesday</i>		
Spin Strength	5:30 AM – 6:15 AM	Rachelle
PiYo	9:30 AM – 10:15 AM	Betsy
TRX	12:00 PM – 12:45 PM	Vicki
Butt and Gut	6:00 PM – 6:45 PM	Vicki
Athletic Conditioning	7:00 PM – 7:45 PM	Elijah
<i>Wednesday</i>		
Bootcamp	5:30 AM – 6:15 AM	Amanda
ABC	8:30 AM – 9:15 AM	Vicki
Yoga	9:30 AM – 10:15 AM	Mallory
Cardio Sculpt	12:00 PM – 12:45 PM	Betsy
Yoga	6:00 PM – 6:45 PM	Mallory
Spin Strength	7:00 PM – 7:45 PM	Rachelle
<i>Thursday</i>		
Spin Strength	5:30 AM – 6:15 AM	Rachelle
PiYo	9:30 AM – 10:15 AM	Betsy
ABC	12:00 PM – 12:45 PM	Vicki
Power Spin	6:00 PM – 6:45 PM	LuAnne
Total Body	7:00 PM – 7:45 PM	Wendy
<i>Friday</i>		
Boot Camp	5:30 AM – 6:15 AM	Amanda
Total Body	9:30 AM – 10:15 AM	Wendy
Cardio Strength	12:00 PM – 12:30 PM	Betsy
<i>Saturday</i>		
January 2 nd	9:15 AM – 10:00 AM Spin (Stephanie)	10:15 AM – 11:00 AM Bootcamp (Jennifer)
January 9 th	9:15 AM – 10:00 AM Power Spin (LuAnne)	10:15 AM – 11:00 AM Athletic Conditioning (Elijah)
January 16 th	9:15 AM – 10:00 AM Spin (Vicki)	10:15 AM – 11:00 AM Butt and Gut (Vicki)
January 23 rd	9:15 AM – 10:00 AM Spin (Stephanie)	10:15 AM – 11:00 AM Bootcamp (Casey)
January 30 th	9:15 AM – 10:00 AM Power Spin (LuAnne)	10:15 AM – 11:00 AM Athletic Conditioning (Nick)