

January



Group Fitness Schedule

Class		Time	Instructor
MONDAY			
Bootcamp		5:30 AM - 6:15 AM	Casey
Intervals		9:30 AM - 10:15 AM	Jennifer
Zumba		10:30 AM - 11:15 AM	Kerri
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
TUESDAY			
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
WEDNESDAY			
Bootcamp		5:30 AM - 6:15 AM	Casey
Step		9:30 AM - 10:15 AM	Vicki
Cardio Strength		12:00 PM - 12:45 PM	Betsy
Spin Strength		6:00 PM - 6:45 PM	Rachelle
Athletic Conditioning		7:00 PM - 7:45 PM	Elijah
THURSDAY			
Spin Strength		5:30 AM - 6:15 AM	Rachelle
PiYo		9:30 AM - 10:15 AM	Betsy
Butt and Gut		12:00 PM - 12:45 PM	Vicki
Power Spin		6:00 PM - 6:45 PM	Luanne
Zumba		7:00 PM - 7:45 PM	Kerri
Friday			
Bootcamp		5:30 AM - 6:15 AM	Casey
Total Body		8:00 AM - 8:45 AM	Wendy
Intervals		9:00 AM - 9:45 AM	Jennifer
Core and Stretch		9:45 AM - 10:15 AM	Jennifer
Cardio Strength		12:00 PM - 12:30 PM	Betsy
NO CLASSES Saturday, January 1st			
8-Jan	15-Jan	22-Jan	29-Jan
8:30 AM Spin w/ Stephanie	8:30 AM Power Spin w/ LuAnne	8:30 AM Spin w/ Stephanie	8:30 AM Power Spin w/ LuAnne
9:30 AM Athletic Conditioning w/ Meredith	9:30 AM Athletic Conditioning w/ Nick	9:30 AM Bootcamp w/ Jennifer	9:30 AM Butt and Gut w/ Vicki
Happy New Year			