




JANUARY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CLOSED 	2 5:00-5:55 PILATES 6:00-6:55 MIXITUP 7:00-8:15 STRENGTH & CORE 8:15-9:00 YOGA BALL 9:00-9:45 STEPPINGOUT 9:00-10:00 SENIORSTRENGTH 10:00-11:00 CLASSICYOGA 11:00-12:00 SILVERSNEAKERS 12:10-1:00 GUTS&BUTTS 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:00 GUTS&BUTTS 7:00-9:00 LINE DANCING	3 6:00-7:00 MIXITUP 8:30-9:15 TABATA 9:15-10:15 EASYDOESIT 9:15-10:15 YOGA&ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	4 30-9:30 YOGA 9:30-10:30 GROUP CYCLING 10:45-11:30 PILATES
5	6 5:00-5:55 PILATES 6:00-6:55 MIXITUP 8:30-9:15 TABATA 9:15-10:15 EASYDOESIT 10:15-11:15 SENIORSTRETCH 11:15-12:10 SILVER SNEAKERS 12:10-1:00 CROSS TRAINING 4:15-5:15 FULLBODY FINTESS	7 5:00-5:45 TABATA 6:00-6:45 MIXITUP 7:00-8:15 STRENGTH & CORE 8:15-9:00 YOGABALL 9:15-10:15 YOGA&ABS (BALCONY) 9:00-9:45 STEPPINGOUT 9:00-10:00 SENIORSTRENGTH 10:00-11:00 CLASSICYOGA 11:00-12:00 SILVERSNEAKERS 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:15 TABATA	8 6:00-6:55 MIXITUP 8:30-9:15 TABATA 9:15-10:15 EASYDOESIT 10:15-11:15 SENIORSTRETCH 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING 4:15-5:15 FULLBODY FITNESS 5:30-6:30 LABLAST 6:30-7:30 CARDIO KICKBOXING	9 5:00-5:55 PILATES 6:00-6:55 MIXITUP 7:00-8:15 STRENGTH & CORE 8:15-9:00 YOGA BALL 9:00-9:45 STEPPINGOUT 9:00-10:00 SENIORSTRENGTH 10:00-11:00 CLASSICYOGA 11:00-12:00 SILVERSNEAKERS 12:10-1:00 GUTS&BUTTS 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:00 GUTS&BUTTS 7:00-9:00 LINE DANCING	10 6:00-7:00 MIXITUP 8:30-9:15 TABATA 9:15-10:15 EASYDOESIT 9:15-10:15 YOGA&ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	11 8:30-9:30 YOGA 9:30-10:30 GROUP CYCLING 10:45-11:30 PILATES
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26	27 5:00-5:55 PILATES 6:00-6:55 MIXITUP 8:30-9:15 TABATA 9:15-10:15 EASYDOESIT 10:15-11:15 SENIORSTRETCH 11:15-12:10 SILVER SNEAKERS 12:10-1:00 CROSS TRAINING 4:15-5:15 FULLBODY FITNESS	28 5:00-5:45 TABATA 6:00-6:45 MIXITUP 7:00-8:15 STRENGTH & CORE 8:15-9:00 YOGABALL 9:15-10:15 YOGA&ABS (BALCONY) 9:00-9:45 STEPPINGOUT 9:00-10:00 SENIORSTRENGTH 10:00-11:00 CLASSICYOGA 11:00-12:00 SILVERSNEAKERS 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:15 TABATA	29 6:00-6:55 MIXITUP 8:30-9:15 TABATA 9:15-10:15 EASYDOESIT 10:15-11:15 SENIORSTRETCH 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING 4:15-5:15 FULLBODY FITNESS 5:30-6:30 LABLAST 6:30-7:30 CARDIO KICKBOXING	30 5:00-5:55 PILATES 6:00-6:55 MIXITUP 7:00-8:15 STRENGTH & CORE 8:15-9:00 YOGA BALL 9:00-9:45 STEPPINGOUT 9:00-10:00 SENIORSTRENGTH 10:00-11:00 CLASSICYOGA 11:00-12:00 SILVERSNEAKERS 12:10-1:00 GUTS&BUTTS 4:15-5:15 GROUP CYCLING 5:15-6:15 YOGA/PILATES 6:15-7:00 GUTS&BUTTS 7:00-9:00 LINE DANCING	31 6:00-7:00 MIXITUP 8:30-9:15 TABATA 9:15-10:15 EASYDOESIT 9:15-10:15 YOGA&ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	