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23

JANUARY 2

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|---|
| 6:00AM-7:00AM CROSS TRAINING *Laurie | 6:00AM-7:00AM CROSS TRAINING *Laurie | 6:00AM- 7:00AM CROSS TRAINING PILA- TES *Laurie | 6:00AM-7:00AM CROSS TRAINING' (CARDIO) *Laurie | | |
| 8:45AM-9:45AM YOGA (studio) *Jackie | 8:00AM-9:00AM CORE&FLOOR (BALCONY) *Sandy | 8:45AM-9:45AM YOGA (Balcony) *Jackie | 8:00AM-9:00AM CORE&FLOOR (BALCONY) *Sandy | | |
| 9:15AM-10:15AM EASY DOES IT *Amberleigh | 8:15 AM-9:00AM STABILITY BALL TRAINING "YOGA BALL" *Coleen | 9:15AM-10:15AM EASY DOES IT *Amberleigh | 8:15 AM-9:00AM STABILITY BALL TRAINING "YOGA BALL" *Coleen | | |
| 10:15-11:00 LABLAST *Amberleigh | 9:15AM-9:45AM JUST DANCE *Laurie | 12:00PM-1:00PM CROSS TRAINING *Amberleigh | 9:15AM-9:45AM JUST DANCE *Laurie | 9:15AM-10:15AM EASY DOES IT *Colleen | |
| 12:00PM-1:00PM CROSS TRAINING *Amberleigh | 10:00-11:00AM CLASSIC YOGA *Coleen | 1:30-3:00 LINE DANCING | 10:00-11:00AM CLASSIC YOGA *Coleen | 10:15-11:00 PILATES *Amberleigh | |
| 5:00-7:00pm BOXING *Dan | 12:10-1:00 GROUP CYCLING *Laurie | 5:00-7:00pm BOXING *Dan | 11:00AM-12:00PM SIT AND BE FIT (STRENGTH AND ROM) *Colleen | | MIX IT UP 10:00 AM - 11:00AM *Amberleigh |
| 6:00PM-6:30PM PILATES (BALCONY) *Sam | 11:00 AM- 12:00PM CHAIR YOGA *Coleen | 6:00PM-6:30PM PILATES (BALCONY) *Sam | | | |
| 6:30PM-7:00PM WORKOUT IN WEIGHT ROOM (WIW) *Sam | 6:00PM-7:00PM MIX IT UP *Amberleigh | 6:30PM-7:00PM WORKOUT IN WEIGHT ROOM (WIW) *Sam | 6:30-8:30 LINE DANCING *Colleen | | |

**New Year New You Challenge.
Ask The Welcome Center**