


JANUARY 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 	2 5:15-6:00 TABATA 6:00- 6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING 4:15 - 5:15 FULL BODY FITNESS 5:30-6:30 YOGA 6:30-7:30 CARDIO KICKBOXING	3 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GROUP CYCLING 4:15 - 5:15 SPIN CLASS 5:15-6:15 YOGO/PILATES 6:15-7:00 TABATA 7:00 - 9:00 LINE DANCING	4 6:15-7:00 TABATA 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 9:15-10:15 HEATED YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	5 8:30-9:30 YOGA (BALCONY) 8:30 - 9:25 MIX IT UP 9:30-10:30 GROUP CYCLING 10:45- 11:30 PILATES
6 2:00 - 3:00 OULA 3:00 - 3:45 SPARTAN STRONG	7 5:15-6:00 TABATA 6:00- 6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIORSTRETCH 11:15 - 12:15 SILVER SNEAKERS 12:10 - 1:00 Cross Training 4:15 - 5:15 FULL BODY FITNESS 5:30-6:30 YOGA 6:30-7:30 CARDIO KICKBOXING	8 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:15-10:15 HEATED YOGA & ABS (BALCONY) 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 TABATA 4:15 - 5:15 SPIN CLASS 5:15-6:15 YOGA/PILATES 6:15-7:15 SPARTAN STRONG	9 5:15-6:00 TABATA 6:00- 6:55 SPARTAN STRONG 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 10:15-11:15 SENIOR STRETCH 11:15-12:15 SILVER SNEAKERS 12:10-1:00 SPARTAN 1:30-3:00 LINE DANCING 4:15 - 5:15 FULL BODY FITNESS 5:30-6:30 YOGA 6:30-7:30 CARDIO KICKBOXING	10 5:00-5:55 PILATES 6:00-6:45 POUND 7:00-8:15 CHISELED 8:15-9:00 YOGA BALL 9:00-10:00 SENIOR STRENGTH 10:00-11:00 CLASSIC YOGA 11:00-12:00 SILVER SNEAKERS 12:10-1:00 GUTS & BUTTS 4:15 - 5:15 SPIN CLASS 5:15-6:15 YOGO/PILATES 6:15-7:00 TABATA 7:00 - 9:00 LINE DANCING	11 6:15-7:00 TABATA 8:30-9:15 TABATA 9:15-10:15 EASY DOES IT 9:15-10:15 HEATED YOGA & ABS (BALCONY) 10:15-11:00 SENIOR STRETCH	12 8:30-9:30 YOGA (BALCONY) 8:30 - 9:25 MIX IT UP 9:30-10:30 GROUP CYCLING 10:45- 11:30 PILATES
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