



JANUARY GROUP FITNESS CLASS SCHEDULE

MON	TUE	WED	THUR	FRI	SAT
YOGA 6:00a-7:00a Sara/Cathy	DIRTY 30 5:45a-6:15a Camille	YOGA 6:00a-7:00a Sara/Cathy	DIRTY 30 5:45a-6:15a Camille	YOGA 6:00a-7:00a Sara/Cathy	YOGA 7:30a-8:30a Sara/Cathy
INSANITY 7:30a-8:15a Allison	WARRIOR CROSS TRAIN 8:30a-9:15a Megan	BARRE 8:30a-9:15a Meghan	WARRIOR CROSS TRAIN 8:30a-9:15a Allison	TABATA BOOT CAMP 7:30a-8:15a Mary	BOXING CONDITIONING 8:15a-9:00a Michelle
BALLET BURN 8:30a-9:15a Meghan	GET FIT 8:45a-9:30a Lisa	FIT TO FIGHT CANCER 8:30a-9:30a * Allison	GET FIT 8:45a-9:30a Lisa	STEP 8:30a-9:15a Meghan	HIGH FITNESS 9:00a-9:45a Lisa 
Muscle Madness 8:30a-9:15a Megan	FIT TO FIGHT PARKINSON'S 10:30a-12:00p Cathy	CYCLING 9:00a-9:45p Judy	PEDALING FOR PARKINSON'S 10:00a-11:00a * Cathy 	MUSCLE MADNESS 8:30a-9:15a Megan	
FIT TO FIGHT CANCER 8:30a-9:30a * Allison	YOGA 12:15p-12:45p Cathy	VINYASA FLOW YOGA 9:30a-10:30a Meghan	TABATA 12:15p-1:00p Beth/Allison	FIT TO FIGHT PARKINSON'S 10:30a-12:00p Cathy	
VINYASA FLOW YOGA 9:30a-10:30a Meghan	Sweat and Sculpt 12:15p-1:00p Beth	PIYO 12:15p-1:00p Beth	BOXING 5:00p-6:00p Riley	YOGA 12:15p-12:45p Cathy	
MUSCLE MADNESS 12:15p-1:00p Beth	BOXING 5:00p-6:00p Riley	HIGH FITNESS 5:30p-6:15p Lisa 	YOGA 5:30p-6:30p Kelle	CORE POWER 12:15p-1:00p Bre	
MUSCLE TONE 5pm-5:30p Jen O	MUSCLE MADNESS 5:15p-6:00p Sam		BARRE 5:30p-6:15p Meghan		
POWER CYCLE 5:30p-6:30p Robin	YOGA 5:30p-6:30p Cathy				WELLNESS CENTER
CARDIO CIRCUITS 5:30p-6:00p Jen O	POWER CYCLE 5:30p-6:30p Robin				MULTI PURPOSE ROOM
HIGH FITNESS 5:30p-6:15p Lisa 	KICK BOXING 6:00p-6:45p Sam				BFIT
					AEROBICS ROOM
					CYCLING ROOM
					GYM

 **REGISTRATION IS REQUIRED**