



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Check out our **NEW!** Classes this month

JANUARY GROUP EXERCISE SCHEDULE

GYM/MP ROOM/FITNESS CENTER (CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE AT ANY TIME)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|--|
| 5:30-6:30am Aerobics Leanne (Gym) | 5:30-6:30am Total Conditioning Leanne (MP Room) | 5:30-6:30am Aerobics Leanne (Gym) | 5:30-6:30am Total Conditioning Leanne (MP Room) | 5:30-6:30am Friday Combo Leanne (MP Room) | |
| 6:15-6:30am Crunch Sal (Fitness Center) | 6:00-6:30am Tai Chi Sal (Gym) | 6:15-6:30am Crunch Sal (Fitness Center) | 6:00-6:30am Tai Chi Sal (Gym) | 6:15-6:30am Crunch Sal (Fitness Center) | |
| NEW! 9:15-9:45am Stroller Fitness Kelly (Gym) | 9:00-10:00am Feelin' Fit Jodi (Gym) | | 9:00-10:00am Feelin' Fit Jodi (Gym) | 9:00-9:30am Zumba Jodi (Gym) | 8:45-9:15/9:20-9:50 am Cycle and Tone Diane (MP Room) |
| NEW! 9:00-9:30am Group Cycling Jodi (MP Room) | | 9:00-9:30am Group Cycling Jodi (MP Room) | | | |
| | | 11:00-12:00pm Yoga Tricia (MP Room) | | | |
| 12:15-12:45pm Power Toning Jodi (MP Room) | 12:15-12:45pm Group Cycling Tricia (MP Room) | 12:15-12:45pm Power Toning Jodi (MP Room) | 12:15-12:45pm Group Cycling Hillary (MP Room) | 12:15-12:45pm Group Cycling Tricia (MP Room) | |
| 4:30-5:00pm Group Cycling Diane (MP Room) | 4:30-5:15pm Power Toning Nannette (MP Room) | 4:30-5:00pm Group Cycling Diane (MP Room) | 4:30-5:15pm Power Toning Nannette (MP Room) | | |
| 5:15-6:15pm Pilates-Yoga Wendy M. (MP Room) | 5:30-6:15pm Group Cycling Hillary (MP Room) | 5:15-6:15pm Pilates-Yoga Wendy M. (MP Room) | 5:30-6:15pm Group Cycling Leanne (MP Room) | NEW! 5:30-6:15pm Group Cycling Hillary 6 th 20 th Jodi 13 th 27 th (MP Room) | |
| 5:30-6:30pm Boxercise Wendie D. (Gym) | 5:30-6:30pm Total Conditioning Leanne (Gym) | 5:30-6:30pm Boxercise Tricia (Gym) | 5:30-6:30pm Zumba Tricia (Gym) | | |
| 6:30-7:00pm Zumba Tricia (MP Room) | 6:30-7:45pm Yoga Hillary (MP Room) | 6:30-7:00pm Zumba Adriana (MP Room) | 6:30-7:45pm Yoga Leanne (MP Room) | | |

