

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FITNESS ROOM	6:30AM	SPIN & STRENGTH/LEEANNE	CORE GALORE /MADIBA-MYLENE	TOTAL BODY/JEANINE	PILATES W/PROPS /MADIBA-MYLENE	SPIN & TONE/JEANINE	
	7:30AM	BARRE CONCEPTS/JEANINE	^TOTAL BODY WITH A BALL /JEANINE	BARRE CONCEPTS/JEANINE	TOTAL BODY/JEANINE	BARRE CONCEPTS/JEANINE	^CARDIO,CORE & MORE/LEEANNE
	8:30AM	SPIN & STRENGTH/LEEANNE	HIIT/KATIE P	^LINE DANCE/SHERI	HIIT/KATIE P	^SIT & BE FIT/LEEANNE	^STRENGTH & TONE /LEEANNE
	9:30AM	^SIT & BE FIT/MICHAEL	^BODY BALANCE STRETCH /CHRIS	SPIN & STRENGTH/LEEANNE	^POWERTONE/SHERI	SPIN & STRENGTH/LEEANNE	^YOGA STRETCH /LEEANNE
	10:30AM	^ZUMBA GOLD/ROBBIN	^YOGA FLOW/RONA	^CHAIR YOGA/ROZALI	^POWERTONE/SHERI	^SIT & BE FIT/LEEANNE	LINE DANCE/ROZALI
	11:30AM	^SILVER SNEAKERS YOGA /LAUREN		^QIGONG/RICK		UNAVAILABLE	INTERMEDIATE LINE DANCE /ROZALI
	12:30PM		^TAI CHI/RICK	^BASIC STEP AEROBIC /VIOLET	^TAI CHI/RICK	^CHI KUNG/VIOLET	
	1:30PM		TAI CHI 108/RICK	^BASIC TAI CHI/VIOLET	TAI CHI 108/RICK	^TAI CHI/VIOLET	
	2:30PM			^SIT & BE FIT/VIOLET			
	3:30PM		^LINE DANCE/ROZALI			^SILVER SNEAKERS CLASSIC /LAUREN	
	4:00PM				^ZUMBA/LAUREN		^ZUMBA/LAUREN
	4:30PM			INTERMEDIATE LINE DANCE /KAREN		INTERMEDIATE LINE DANCE /KAREN	
	5:00PM		TAEKWONDO/EXTRA FEE	UNAVAILABLE	TAEKWONDO/EXTRA FEE	UNAVAILABLE	
	5:30PM		UNAVAILABLE	^LINE DANCE/KAREN	UNAVAILABLE	^LINE DANCE/KAREN	
	6:00PM		TAEKWONDO/EXTRA FEE		TAEKWONDO/EXTRA FEE		
	POOL	9:00AM	^AQUA AEROBIC CARDIO /BONNIE	^AQUA POWER HOUR/DONNA		^AQUA AEROBIC CARDIO /BONNIE	^AQUA POWER HOUR/DONNA
10:00AM		^AQUA/VIOLET	^AQUA POWERTONE/BONNIE		^AQUA/LESLIE	^AQUA POWERTONE/BONNIE	^AQUA CARDIO/DONNA
STUDIO	10:15AM		^SILVER SNEAKERS/VERA		^SILVER SNEAKERS/VERA		
	7:30AM	^YIN YOGA/KATIE D	^YOGA STRETCH/LEEANNE	^SLOW FLOW/KATIE D	^YOGA STRETCH/LEEANNE	^YOGA STRETCH/LEEANNE	^PILATES STRETCH/LEEANNE
YOGA ROOM	8:30AM	^COZY YOGA/KATIE D	^YIN YOGA/KATIE D	CONNECT-RELEASE-EMPOWER /KATIE D	STRETCH & ROLL /JEANINE	^PILATES STRETCH/LEEANNE	
	9:30AM		CONNECT-RELEASE-EMPOWER /KATIE D	^YIN YOGA/KATIE D			
	10:30AM	^YOGA FLOW/ALLI	^GENTLE YOGA/KATIE D		^WALL YIN YOGA/KATIE D		
	11:30AM				^YIN YOGA/KATIE D		
SUNSET ROOM	5:00PM		FLOW THROUGH HATHA /NICOLE				
	8:30AM				^PIYO/LEEANNE	^LINE DANCE/SHERI	
	9:30AM		HIYO/LESLIE		ADVANCE LINE DANCE/SHERI		
	10:30AM			^BEGINNER LINE DANCE/SHERI		^STRETCH&CORE/SHERI	



**JANUARY GROUP FITNESS  
SCHEDULE WILL NOT START  
UNTIL JANUARY 6TH.**

**PLEASE BE AWARE THAT  
CLASS TIMES ARE CHANGING!**



# **JANUARY GROUP FITNESS SCHEDULE**