

**JANUARY GROUP EXERCISE SCHEDULE**

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		Sunday
Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Fitness Studio	Aerobic Room	Multi-Purpose Room	Aerobic Room
	H.I.I.T with Yoga 5:30-6:15 am Danielle		Holy Yoga Intermediate 6-7 am Kenda		Circuit PLUS 5:15-6:15 am Gretchen		Chair Yoga 7:15-7:45 am Ali		Holy Yoga Intermediate 6-7 am Kenda	WAR 5:15-6:15 am Gretchen			Cycle/Boot Camp 5:30-7 am Jen P.		RIP 30 6:30-7 am Danielle K.		
	Chair Yoga 7:15-7:45 am Meda	Just for You 9-9:30 am Ali	Beginners Yoga 8:45-9:25 am Meda		Just for You 9-9:30 am Pamela		SilverSneakers Circuit 8-8:45 am Julia	Just for You 9-9:30 am Ali	Mixed Level Yoga 7:30-8:15 am Meda	Tai Chi inspired AOA class 8:15-9 am Glenora	Just for You 9-9:30 am Pamela		SilverSneakers Circuit 8-8:45 am Pamela	Just for You 9-9:30 am Pamela	RIP 8-8:55 am Gretchen	Yoga 8:15-8:55am Rotation	
	SilverSneakers Circuit 8-8:45 am Pamela	Just for You 9:45-10:15 am Pamela	P90X LIVE 9:30-10:30 am Jen P.	SilverSneakers Classic 9-9:45 am Jenn B.	Just for You 9:45-10:15 am Pamela	RIP 9-9:55 am Michaela	PIYO LIVE 9-9:55 am Jen P./ Diane	Just for You 9:45-10:15 am Pamela	TURBOKICK LIVE 9-9:55 am Beth	SilverSneakers Classic 9-9:45 am Jenn B.	Just for You 9:45-10:15 am Pamela	RIP 9-9:55 am Carol	Zumba® 9-9:55 am Julia C.	Just for You 9:45-10:15 am Tiffany	PIYO LIVE 9-9:55 am Jen W.	TURBOKICK LIVE 9-9:55 am Beth	
RIP 9-9:55 am Marian	Pilates with Props 9-9:55 am Diane	Just for You 10:30- 11 am Marian		SilverSneakers Yoga 9:45-10:30 am Jenn B.	CORE 10:20-10:40 am Marian	Pilates Barre Plus 10-10:55 am Diane	SilverSneakers Yoga 10:15-11 am Julia	Just for You 10:30- 11 am Pamela	RIP 30 10-10:30 am Carol	SilverSneakers Yoga 9:45-10:30 am Jenn B.	Breathing and Relaxation 10:45-11:15 am Jenn B	PowerStep/ Axis 10-11:15 am Carol	PIYO LIVE 10-10:55 am Jen/Diane	Just for You 10:30-11 am Pamela	Pilates Barre Plus 10-10:55 am Becky	Zumba® 10-10:55 am Megan	
Boxing Fusion/Abs 10-10:55 pm Jen P.	Zumba®/ Zumba® Toning 10-10:55 am Julia	Just for You 11:15-11:45 am Pamela	Cardio Sculpt 10:45-11:45 am Marion	SilverSneakers Circuit 10:30-11:15 am Jenny P.	Breathing and Relaxation 10:45-11:15 am Jenn B.	Line Dancing 11:15 am-12:45 pm Julia	SilverSneakers Classic 11:15 am-Noon Deb	Just for You 11:15-11:45 am Pamela	Cardio Sculpt 10:45-11:45 am Carol	SilverSneakers Circuit 10:30-11:15 am Pamela		Line Dancing Noon-1:30 pm Marilyn	Silver&Fit Experience 11:15 am-Noon Deb	Just for You 11:15-11:45 am Pamela		SilverSneakers Classic 11:15 am-12 pm Becky	
Line Dancing 11:15 am-12:45 pm Julia	Silver&Fit Experience 11:15 am-Noon Ali								Beginner Line Dancing Noon-1:30 pm Marilyn								
Beginners Yoga 4:30-5:25pm Jenn B.			Youth Yoga 4:45-5:15pm Meda			Tabata 5:30-6:25 pm Stacey			RIP 5:30-6:25 pm Danielle			<b><u>FIT KID CONTEST</u></b> <b>Thursday, January 18th</b> <b>6-8 pm</b> <b>Ages:16 &amp; under</b> <b>How many of the following can you perform in 1 minute?</b> <b>Jumping jacks, push-ups, sit-ups and burpees!</b> <b>Male and Female winners in the following categories:</b> <b>5 and under, 6-9, 10-12 and 13-16</b>					
PIYO LIVE 5:30-6:25 pm Amanda	Cross training 5:30-6:25 pm Jen P.		Pilates Barre Plus 5:30-6:25 pm Stephanie.	Step Up 5:30-6:25 pm Rhonda	AOA Just For You 4:30-5 pm Liz	Crosstraining 6:30-7:25 pm Danielle			Zumba® 6:30 - 7:30pm Megan	Step Up 5:30-6:25 pm Rhonda	AOA Just For You 4:30-5 pm Liz						WAR 5:45-6:30 pm Danielle
Zumba® 6:30-7:25 pm Margarita	TURBOKICK LIVE 6:30-7:25 pm Beth	Circuit PLUS 6-6:55 pm Nancy	RIP 6:30-7:30 pm Danielle K.	Mixed Level Yoga 6:30-7:25 pm Meda		Mixed Level Yoga 7:30-8:30 pm Fran	CORE DE FORCE LIVE 6-7 pm Jaclyn	Circuit PLUS 6-6:55 pm Corey	Flow Yoga 7:35 - 8:30pm Rita	PIYO LIVE 6:30-7:30 pm Mallori							Dance /H.I.I.T. 6:30-7:30 pm Shannon