



# January Small Group



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>4:30-5:30pm Strength Training Shania (Wellness Center)</p>	<p>5:15-6:15am MX4 (Multi-Purpose Room)</p> <p>9-10am Butts and Guts (Wellness Center) Beginner Cycle (Cycle Studio)</p> <p>10-11am Cycle (Cycle Studio)</p> <p>12:15-12:45pm MX4 (Multi-Purpose Room)</p> <p>1-2pm Strength and Power (Multi-Purpose Room)</p> <p>5:30-6:30pm Strength Training (Wellness Center)</p> <p>5:30-6:30pm Youth Strength (Wellness Center) Ages 9 and up</p> <p>6:30-7:30pm Cycle (Cycle Studio)</p>	<p>5:15-6:15am Butts and Guts (Wellness Center)</p> <p>9-9:45am Cycle (Cycle Studio)</p> <p>5:30-6:30pm Tread N Shred (Wellness Center)</p> <p>6:30-7:30pm Strength &amp; Power (Wellness Center)</p> <p>6:30-7:15pm Cycle/Core (Cycle Studio)</p>	<p>5:15-6:15am Tread N Shred (Wellness Center) Cycle (Cycle Studio)</p> <p>9-10am Beginner Strength Training (Wellness Center) Beginner Cycle (Cycle Studio)</p> <p>10-11am Cycle (Cycle Studio)</p> <p>12:15-12:45 pm MX4 (Multi-Purpose Room)</p> <p>5:30-6:30 pm Strength Training (Wellness Center)</p> <p>5:30-6:30pm Youth Strength (Wellness Center) Ages 9 and up</p> <p>5:30-6:15pm Cycle/Core (Cycle Studio)</p> <p>6:30-7:30pm MX4 Marisa (Multi-Purpose Room)</p>	<p>5:15-6:15am Strength Training (Wellness Center)</p> <p>9-45am Cycle (Cycle Studio)</p> <p>11:30-12:30pm Strength and Power (Multi-Purpose Room)</p> <p>5:30-6:30pm Beginner Strength Training (Wellness Center)</p> <p>6-7pm Butts and Guts (Wellness Center)</p> <p>6:30-7:30pm Cycle (Cycle Studio)</p>	<p>5:15-6:15am Pilates/Barre (Aerobic Room)</p> <p>9-10am Butts and Guts (Wellness Center)</p> <p>10-11am Cycle (Cycle Studio)</p>	<p>8-9am MX4 (Multi-Purpose Room)</p> <p>9-10am Cycle (Cycle Studio)</p> <p>9:30-10:30am Ride the Wave (Pool)</p>

**PRE-REGISTRATION IS REQUIRED!**

The cost is as follows:

Member Drop In: \$10 per class (\$2 cycle class) Non-Member Drop In: \$15 per class (\$7 cycle class)  
 Unlimited Monthly Small Group Classes: \$55 Single Member \$70 Family Non Member Single \$110 (Can sign up  
 the 20th of the month prior for classes)