

Week of January 17

GROUP EX CLASSES

MONDAY

9a: Cross Training - Amanda (MPR)
615p: Turbokick - Beth (MPR)

TUESDAY

515a: Cross Training-Jen (MPR)
515p: Step Up-Rhonda (MPR)
630p: Zumba-Joelle (MPR)

WEDNESDAY

9a: PiYo-Amanda (AR)
530p: RIP-Dana (MPR)
6:30p: Circuit-Nancy (FS)
630p: Yoga-Rita (AR)

THURSDAY

9a: Turbokick-Beth (MPR)
515p: Step Up-Rhonda (MPR)
630p: Zumba-Megan (MPR)

FRIDAY

515a: Cycle Bootcamp-Marisa (MPR)
9a: Step-Marian (MPR)

SATURDAY

9a: RIP - Marian (MPR)
10:15a: Zumba - Megan (MPR)

CYCLE CLASSES

MONDAY

615p: Cycling-Chris \$2

TUESDAY

9a: Beginner Cycling-Lori (free)

WEDNESDAY

515a: Cycling-Misty \$2
9a: Cycling-Amanda \$2
630p: Cycling-Mandy \$2

THURSDAY

9a: Beginner Cycling-Pam (free)
530p: Beginner Cycling-Rick (free)

SATURDAY

8a: Cycling-Mandy \$2

**Looking for smaller
classes &
personalized
attention?!**

SMALL GROUP CLASSES

MONDAY

515a: Super Circuit - Beth (MPR) \$5

9a: Barre-Diane (AR) \$5

515p: Power Hour - Beth (AR) \$5

TUESDAY

9a: Muscle Blast-Beth (MPR) \$5

515p: Upper Body Burn-Marisa (AR) \$5

6p: Butts&Guts-Marisa (AR) \$5

THURSDAY

515a: Tread n Shred-Marisa (WC) \$5

515p: Full Body Blast - Mandy (AR) \$5

FRIDAY

9a: Bootycamp-Beth (AR) \$5

KEY

MPR=Multi-Purpose Room
AR = Aerobic Room
FS=Fitness Studio



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for additional
workouts