

# Week of January 24

## GROUP EX CLASSES

### MONDAY

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

### TUESDAY

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

### WEDNESDAY

830a: Super Sets-Diane (AR)  
9a: PiYo-Diane (AR)  
6:30p: Circuit-Nancy (FS)  
630p: Yoga-Rita (AR)

### THURSDAY

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

### FRIDAY

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

### SATURDAY

9a: RIP - Gretchen (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-Beth \$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

### SATURDAY

7a: Saturday Sculpt-Diane (AR) \$5

## KEY

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



Subscribe to our  
Youtube channel  
for additional  
workouts