



Week of January 23

KEY
MPR=Multi Purpose Room
AR=Aerobics Room
FS=Fitness Studio
WC=Wellness Center

GROUP EX CLASSES

MONDAY

- 9:00AM: HIIT & Flow
Amanda (MPR)
- 5:15PM: Cardio & Core
Stacey (MPR)
- 6:30PM: Kickbox & Sculpt
Dana (MPR)

TUESDAY

- 5:15AM: Cross Training
Jen H (MPR)
- 5:15PM: Step Up
Rhonda (MPR)
- 6:30PM: Zumba
Joelle (MPR)

WEDNESDAY

- 8:30AM: Supersets
Diane (AR)
- 9:00AM: PiYo
Diane (AR)
- 6:00PM: WAR
Danielle (MPR)
- 6:30PM: Circuit
Nancy (FS)
- 6:30PM: Yoga
Rita (AR)

THURSDAY

- 10:00AM: Active
Stretch
Mandy (AR)
- 5:15PM: Tabata-Step-Core
Stacey (MPR)
- 6:30PM: Zumba
Megan (MPR)

FRIDAY

- 9:00AM: Strength Stations
Jamie (MPR)
- 6:30PM: GLOW IN THE DARK
ZUMBA NIGHT

SATURDAY

- 7:30-8:45 AM: FIT
Jen & Danielle (MPR)
- 9:00AM: RIP
Dana (MPR)
- 10:15AM: Zumba
Megan (MPR)

SMALL GROUP CLASSES

MONDAY

- 9:00AM: Barre
Diane (AR)

TUESDAY

- 5:15PM: Bootcamp
Danielle (WC)

WEDNESDAY

- 5:15PM: Abs & More
Jamie (AR)

THURSDAY

- 5:15PM: Barre
Jen (AR)

FRIDAY

- 9AM: Bootcamp
Mandy (AR)

CYCLE CLASSES

MONDAY

- 5:15AM: Cycling- \$2
Jen B
- 6:15PM: Cycling- \$2
Chris

TUESDAY

- 9:00AM: Beginner Cycling- FREE
Pam
- 6:15PM: Cycling- \$2
Danielle

WEDNESDAY

- 5:15AM: Cycling- \$2
Misty
- 9:00AM: Cycling- \$2
Mandy
- 6:00PM: Cycling- \$2
Jen B

THURSDAY

- 5:30PM: Cycling- \$2
Hayley

SATURDAY

- 8:00AM: Cycling- \$2
Judi