



# JANUARY 10 - JANUARY 23

**We've Added Classes and Adjusted Times.  
Check out what's new!**

- Bodypump™ Thursday mornings at 10:30 am
- Yoga Monday evenings at 6:00 pm
- Les Mills Core™ Tues & Thurs mornings at 6:30 am
- Barre Wednesday evenings at 7:00 pm
- Bodyflow™ Sunday mornings at 10:00 am



**Class Location Key:**

- SStudio = Spin Studio, court 6
- GX1 = Group Exercise Studio 1
- M/B = Mind / Body Studio, upstairs
- I POOL = Indoor Pool
- O POOL = Outdoor Pool

Monday 1/10	Tuesday 1/11	Wednesday 1/12	Thursday 1/13	Friday 1/14	Saturday 1/15	Sunday 1/16
9:30 SStudio Spinning® am 45 min ALLISON	6:00 SStudio Sprint™ am 30 min CAMERON	9:30 GX1 BARRE am 55 min ALLISON	6:00 SStudio Sprint™ am 30 min MELISSA R	6:00 GX1 Bodyflow™ am 45 min CAMERON	8:30 GX1 Bodyattack™ am 45 min ANGELA	9:00 SStudio Spinning® am 45 min SARAH
9:30 GX1 Aeromix am 55 min SANDY	6:30 GX1 Les Mills Core™ am 30 min CAMERON	9:45 SStudio Spinning® am 45 min LINDA	6:30 GX1 Les Mills Core™ am 30 min CAMERON	8:30 GX1 Bodycombat™ am 45 min MIKA	8:30 SStudio Spinning® am 45 min SARAH	9:00 GX1 SHiNE™ am 45 min DONNA
10:30 GX1 Bodypump™ am 55 min MIKA	8:30 I POOL H <sub>2</sub> O Freestyle am 45 min PATRICIA	10:30 M/B YOGA am 60 min ALLISON	8:30 I POOL H <sub>2</sub> O Freestyle am 45 min PATRICIA	9:00 I POOL H <sub>2</sub> O Freestyle am 45 min ANNE	9:00 I POOL H <sub>2</sub> O Freestyle am 45 min KIM	10:00 GX1 Bodyflow™ am 45 min CAMERON
10:30 M/B YOGA am 60 min CARI	8:30 GX1 Solid Strength am 45min TINA	10:45 GX1 Bodypump™ am 45 min PATRICIA	8:30 GX1 Solid Strength am 45 min TINA	9:30 SStudio Spinning® am 45 min SARAH	9:30 GX1 Les Mills Core™ am 30 min ANGELA	11:00 GX1 BARRE am 55 min DONNA
5:45 GX1 Bodycombat™ pm 45 min ANGELA	9:30 SStudio Spinning® am 45 min PATRICIA	11:30 GX1 Active Renewal am 55 min SANDY	9:30 SStudio Spinning® am 45 min ALLISON	9:30 GX1 Aeromix am 55 min SANDY	10:00 M/B YOGA am 60 min ALLISON	
6:00 I POOL H <sub>2</sub> O Freestyle pm 45 min KIM	9:30 M/B Chair Yoga am 45 min CARI	6:00 I POOL Aqua Zumba pm 45 min TRACEY	9:30 M/B Chair Yoga am 45 min PATRICIA	10:30 GX1 30 Minute Core am 30 min SANDY		
6:00 SStudio Sprint™ pm 30 min LINDA	10:30 GX1 Pilates Fusion am 45 min PATRICIA	6:00 SStudio Sprint™ pm 30 min MELISSA R	10:30 GX1 Bodypump™ am 55 min JANE	10:30 M/B YOGA am 60 min CARI		
6:00 M/B All Levels Yoga pm 60 min EBONI	5:45 SStudio Spinning® pm 45 min MICHELLE	6:30 GX1 Les Mills Core™ pm 30 min DENISE	5:45 GX1 SHiNE pm 45 min DONNA			
	5:45 GX1 Zumba pm 45 min DONNA	7:00 GX1 BARRE pm 45 min DENISE	6:00 M/B All Levels Yoga pm 60 min LEO			
	6:30 GX1 Athletic Intervals pm 45 min TINA		6:30 GX1 Bodyattack™ pm 45 min ANGELA			
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