



# FITNESS CLASSES

## JANUARY 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CLOSED</b> observing <b>NEW YEAR'S HOLIDAY</b>	<b>3</b> SPINNING-Nancy 3:45pm HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:45pm	<b>4</b> CYCLING-Angie 6:00am ZUMBA-Josie 4:30pm SPINNING-Laurette 5:00pm YOGA-Hannah 5:30pm "BODY ROCK" Sadie 5:45pm	<b>5</b> SPINNING-Nancy 3:35pm HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm YOGA-Paul 5:30/6:40pm CORE & MORE-Dawn 5:45pm	<b>6</b> CYCLING Angie 6:00 am	<b>7</b> HARD CORE Dawn 10:00am
<b>9</b> ZUMBA-Josie 4:30pm SPINNING-Laurette 5:00pm YOGA-Hannah 5:30pm "BODY ROCK" Sadie 5:45pm	<b>10</b> SPINNING-Nancy 3:45pm HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:45pm	<b>11</b> CYCLING-Angie 6:00am ZUMBA-Josie 4:30pm SPINNING-Laurette 5:00pm YOGA-Hannah 5:30pm "BODY ROCK" Sadie 5:45pm	<b>12</b> SPINNING-Nancy 3:35pm HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm YOGA-Paul 5:30/6:40pm CORE & MORE-Dawn 5:45pm	<b>13</b> CYCLING Angie 6:00 am	<b>14</b> HARD CORE Dawn 10:00am
<b>16</b> ZUMBA-Josie 4:30pm SPINNING-Laurette 5:00pm YOGA-Hannah 5:30pm "BODY ROCK" Sadie 5:45pm	<b>17</b> SPINNING-Nancy 3:45pm HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:45pm	<b>18</b> CYCLING-Angie 6:00am ZUMBA-Josie 4:30pm SPINNING-Laurette 5:00pm YOGA-Hannah 5:30pm "BODY ROCK" Sadie 5:45pm	<b>19</b> SPINNING-Nancy 3:35pm HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm YOGA-Paul 5:30/6:40pm CORE & MORE-Dawn 5:45pm	<b>20</b> CYCLING Angie 6:00 am	<b>21</b> HARD CORE Dawn 10:00am
<b>23</b> ZUMBA-Josie 4:30pm SPINNING-Laurette 5:00pm YOGA-Hannah 5:30pm "BODY ROCK" Sadie 5:45pm	<b>24</b> SPINNING-Nancy 3:45pm HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:45pm	<b>25</b> CYCLING-Angie 6:00am SPINNING-Laurette 5:00pm YOGA-Hannah 5:30pm "BODY ROCK" Sadie 5:45pm	<b>26</b> SPINNING-Nancy 3:35pm HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm YOGA-Paul 5:30/6:40pm CORE & MORE-Dawn 5:45pm	<b>27</b> CYCLING Angie 6:00 am	<b>28</b> HARD CORE Dawn 10:00am
<b>30</b> ZUMBA-Josie 4:30pm SPINNING Laurette 5:00pm YOGA-Hannah 5:30pm "BODY ROCK" Sadie 5:45pm	<b>31</b> SPINNING-Nancy 3:45pm HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:45pm	Your first class is always free, so try out each and every one of the classes we offer. From Yoga to Tabata, we offer something for everyone in the family!			