

## January 2025 Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KETTLEBELL 5:45 AM JIM	SPIN 5:30 AM MEGAN NO CLASS 1/7	KETTLEBELL 5:45 AM JIM	SPIN 5:30 AM MEGAN	KETTLEBELL 5:45 AM JIM
GROUP POWER 8:00 AM PAM	DANCE AEROBICS 8:00 AM JEAN	BOOTCAMP/FREESTYLE 8:00 AM TESS!!/ Pam	DANCE AEROBICS 8:00 AM JEAN	
YOGA 9:00 AM TINA / MEGAN ANGIE	Explore Yoga 9:00AM RHIANNA SPIN 9:00AM DENISE	YO-FLEX 9:00 AM TINA	GROUP POWER 9:00 AM PAM	SPIN AND SCULPT / HIIT 9:00 AM DENISE
Silver Sneakers 10:00 Jill, Suellen, Susie	TAI CHI 10:00AM BONNIE	SENIOR FITNESS 10:00 AM Cherry		SENIOR FITNESS 10:00AM Megan
CARDIO KICK 12:00 PM Pam	GROUP POWER 12:00 PM Pam	RUSSIAN KETTLEBELL 12:00Pm Ask about sign up at front desk!	GROUP POWER 12:00 PM PAM	YOGA CORE 12:00 PM MEGAN
	SCULPT 1:00pm PATTY	SCULPT 1:00 PM PATTY		
ZUMBA!! 5:15 pm Liz	SCULPT 4:30PM DAWN		MUSCLE MIX! 4:30PM LISA NEW!	
GROUP POWER 6:30 PM TESS!	YOGA BASICS 5:45PM DAWN NOW IN THE TRX ROOM	HOT PILATES AMANDA 6:00PM	GROUP POWER 6:00 PM TESS!	

NEW/CANCELLED CLASS ALERT:

Be sure to check out the yellow sections on calendar!!! Text (706)371-3531 for updates