

# JANUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KETTLEBELL 5:45 AM JIM		KETTLEBELL 5:45 AM JIM		KETTLEBELL 5:45 AM JIM
GROUP POWER 8:00 AM PAM	DANCE AEROBICS 8:00 AM KATHY	BOOTCAMP/FREESTYLE 8:00 AM TESS	DANCE AEROBICS 8:00 AM KATHY	AMRAPs, EMOMs AND MORE!! (AEM CLASS) TAMY
YOGA 9:00 AM 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
SENIOR FITNESS 10:00AM Suellen, Jill, Susan	LINEDANCING! Barbara/ Amy 10:00AM	SENIOR FITNESS 10:00 AM CAROL ANN/MARIA	XCO LATIN BY JACKIE 10:00AM WITH YURI!!	SENIOR FITNESS 10:00AM CAROL ANN/MARIA
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	CORE REHAB FLOW 12:00 PM WITH MEGAN Core focus and Deep Stretch
	SCULPT 1:00pm PATTY	SCULPT 1:00 PM PATTY	BINGO! 1pm 1/15	
ZUMBA!! 5:15 pm LIZ	SCULPT 4:30PM DAWN			NOW ON SATURDAYS XCO LATIN BY JACKIE WITH YURI @ 10:00A
GROUP POWER 6:30 PM TESS	Heated Yoga Advanced 5:45pm DAWN		GROUP POWER 6:00 PM TESS	THE Y WILL BE CLOSED 1/1 NEW YEAR'S DAY
	NEW/CANCELLED CLASS ALERT: TEXT 1(706) 371-3531 to be put in our Class Update group text!!			