

JANUARY 2022 GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	SPIN AND SCULPT @ 5:30 AM DENISE	KETTLEBELL @5:45 AM DAVID	SPIN @ 5:30 AM KIM	KETTLEBELL @5:45 AM DAVID
GROUP POWER @ 8:00 AM PAM	DANCE AEROBICS @ 8:00 AM JEAN	BOOTCAMP/FREESTYLE@ 8:00 AM MANDY	DANCE AEROBICS @ 8:00 AM JEAN	
YOGA @ 9:00 AM ANGIE	EXPLORE YOGA @ 9 AM RHIANNA	YO-FLEX @ 9:00 AM TINA	GROUP POWER @ 9:00 AM PAM	SPIN AND SCULPT @ 9:00 AM DENISE
SILVERSNEAKERS @ 10:00AM EMMA	TAI CHI @ 10:00AM BONNIE	SENIOR FITNESS @ 10:00 AM CAROL ANN	SILVERSNEAKERS @ 10:00AM EMMA	SENIOR FITNESS @ 10:00 AM CAROL ANN
CARDIO KICK @ 12:00 PM PAM	GROUP POWER @ 12:00 PM MANDY		GROUP POWER @ 12:00 PM PAM	
	SCULPT @ 1:00 PM PATTY	SCULPT @ 1:00 PM PATTY		
HEATED YOGA @ 4:30PM DAWN	FUSION (MUSCLE MEETS YOGA) 4:30PM DAWN			
CORE STRENGTH @ 5:45PM DAWN (30MIN)	HEATED YOGA @5:45PM DAWN	SPIN AND SCULPT@ 5:30 PM DENISE	GROUP POWER @ 5:30 PM MANDY	
GROUP POWER @ 6:30 PM MANDY	<p>NEW/CANCELLED CLASS ALERT: Be sure to check out the yellow sections on calendar!!! CLASS RETURNING...Thursday 5:30 AM SPIN THE BELL FAMILY YMCA IS CLOSED NEW YEARS DAY HAPPY NEW YEAR 2022!!!</p>			