

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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|--|--|---|--|---------------------------------------|--|---------------------------------------|--|-----------------------------------|--|---|--|-------------------------------|--|
| 1 HAPPY | | 2 NEW 8:30a Bike Box Lift | | 3 FIRE 5:15a | | 4 NEW 8:30a Yoga | | 5 | | 6 | | | |
|  | |  | | | | | | | | <p>Burn Off Those Wkd Calories! 8:30a Cycle!</p> | | | |
| | | A 5:15a P90X Allison | | A 5:15a FIRE Jamie/Des | | A 5:30a Bar & Burn Jackie | | T 5:00a TRX 45 Allison | | | | C 8:30a Cycle Ron | |
| | | B 6:00a Yoga NoClass | | B 8:00a Yoga/Meditation Dee | | T 5:30a METRO MILERS Ste/Kat | | 5:30a Training Camp Brenda | | | | A 9:00a Power Step Richard | |
| | | B 8:30a Bike Box Lift Julia/Tra | | C 8:15a Cycle(45) Julia | | A8:30a Cardio Meltdown Brenda | | B 8:00a Stretch Yoga Dee | | | | B 9:35a Yoga Willemijn | |
| | | A 8:45a Power Yoga Twila | | A 8:30a Muscle Mix Leigh Anne | | B 8:30a Yoga Twila | | C 8:15a Cycle Julia | | | | | |
| | | A 9:35a Bar and Burn No class | | A 9:35a Sculpt Lite Delisa | | A 9:30a Active Aging Delisa | | A 8:30 Turbo Kick Mary Kat | | | | | |
| | | A 4:30p Functional Training Julia | | A 4:30p BIKE BOX LIFT Jul/Trav | | B 9:35a BAR-lates Carroll | | A 9:35a Low Impact Brenda | | | | | |
| | | A 5:35p Tabata Step Brenda | | C 5:30p Cycle Ron | | A 4:30p Step and Sculpt Brenda | | B 9:40a Dynamic Flow Juliet | | | | | |
| | | B 5:30p Core and More Lila | | A 5:35p ZUMBA Danyalle | | B 4:30p Yoga Debbie | | | | | | | |
| | | | | | | A 5:35p INSANITY Phillip | | | | | | | |

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| 7 | | 8 NEW 4:30p Circuit Training | | 9 NEW 8:30a Bike Box Lift | | 10 FIRE 5:15a | | 11 NEW 8:30a Yoga | | 12 | | 13 | |
| C 3:00p BIKE BOX LIFT Julia/Trav | | C 530a Race & Ripped Zel | | A 5:30a 20/20/20 Mary Kat | | A 5:15a FIRE Jamie/Desir | | A 5:30a Bar & Burn Jackie | | | | T 7:00a METRO MILERS Ste/Kat | |
| B 4:00p Yoga Willemijn | | B 8:00a Stretch Yoga Dee | | | | | | T 5:30a METRO MILERS Ste/Katie | | T 5:00a TRX 45 Allison | | T 8:30 S O S Jan | |
| <p>This Sunday Has You Covered!!!</p> | | C 8:15a Cycle(60) Leigh Anne | | B 6:00a Yoga Laura | | B 8:00a Yoga/Meditation Dee | | A8:30a Cardio Meltdown Brenda | | A 5:30a Training Camp Brenda | | C 8:30a Cycle Julia | |
| | | A 8:30a 20/20/20 Marv Kat | | B 8:30a Bike Box Lift Julia/Tra | | C 8:15a Cycle(45) Julia | | B 8:30a Yoga Twila | | B 8:00a Stretch Yoga Dee | | A 9:00a Tabata Step Brenda | |
| | | A 9:35a Low Impact Delisa | | A 8:45a Power Yoga Twila | | A 8:30a Muscle Mix Leigh Anne | | A 9:30a Active Aging Mel | | C 8:15a Cycle (60) Julia | | B 9:35a Yoga Paula | |
| | | B 9:40a Dynamic Flow Juliet | | A 9:35a Bar and Burn Jackie | | A 9:35a Sculpt Lite Mary Kat | | B 9:35a BAR-lates Carroll | | A 8:30a ZUMBA Mary Kat | | | |
| | | A 10:45a Active Aging Sharon | | A 4:30p Functional Training Julia | | A 4:30p BIKE BOX LIFT Julia/Travis | | A 4:30p Step and Sculpt Brenda | | A 9:35a Low Impact Brenda | | | |
| | | A 4:30p Circuit Training Julia | | A 5:35p Tabata Step Brenda | | C 5:30p Cycle Ron | | B 4:30p Yoga Debbie | | B 9:40a Dynamic Flow Juliet | | | |
| | | A 5:35p ZUMBA Ashley | | B 5:30p Pilates Jennifer | | A 5:35p ZUMBA Mary Kat | | A 5:35p OPEN GYM Travis | | | | | |
| | | C 5:45p Power Cycle Julia | | | | | | | | | | | |

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| 14 | | 15 NEW 4:30p Circuit Training | | 16 NEW 8:30a Bike Box Lift | | 17 FIRE 5:15a | | 18 NEW 8:30a Yoga | | 19 | | 20 | |
| C 3:00p Cycle Phillip | | C 530a Race & Ripped Zel | | A 5:15a P90X Allison | | | | A 5:30a Bar and Burn Jackie | | T 5:00a TRX 45 Allison | | | |
| A 4:00p FIRE Des/Jami | | B 8:00a Stretch Yoga Dee | | B 6:00a Yoga Laura | | A 5:15a FIRE Jamie/Des | | T 5:30a METRO MILERS Ste/Katie | | A 5:30a Training Camp Brenda | | C 8:30a Cycle Phillip | |
| B 4:00p Yoga Debbie | | C 8:15a Cycle(60) Leigh Anne | | B 8:30a Bike Box Lift Julia/Trav | | B 8:00a Yoga/Meditation Dee | | A8:30a Cardio Meltdown Brenda | | B 8:00a Stretch Yoga Dee | | A 9:00a Circuit Train Julia | |
| <p>Burn Off Those Wkd Calories! 4:00pm FIRE!</p> | | A 8:30a 20/20/20 Mary Kat | | A 8:45a Power Yoga Twila | | C 8:15a Cycle(45) Julia | | B 8:30a Yoga Twila | | C 8:15a Cycle (60) Julia | | B 9:35a Yoga Debbie | |
| | | A 9:35a Low Impact Delisa | | A 9:35a Bar and Burn Jackie | | A 8:30a Muscle Mix Leigh Anne | | A 9:30a Active Aging Delisa | | A 8:30a Turbo Kick Mary Kat | | | |
| | | B 9:40a Dynamic Flow Juliet | | A 4:30p Functional Training Julia | | A 9:35a Sculpt Lite Mary Kat | | B 9:35a BAR-lates Carroll | | A 9:35a Low Impact Brenda | | | |
| | | A 10:45a Active Aging Sharon | | (this class is limited to 8 ppl) | | A 4:30p BIKE BOX LIFT Julia/Trav | | A 4:30p Step and Sculpt Brenda | | B 9:40a Dynamic Flow Juliet | | | |
| | | A 4:30p Circuit Training Julia | | A 5:35p Tabata Step Brenda | | C 5:30p Cycle Ron | | B 4:30p Yoga Debbie | | | | | |
| | | | | B 5:30p Core and More Lila | | A 5:35p ZUMBA Mary Kat | | A 5:35p INSANITY Phillip | | | | | |

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| 21 | | 22 NEW 4:30p Circuit Training | | 23 NEW 8:30a Bike Box Lift | | 24 FIRE 5:15a | | 25 NEW 8:30a Yoga | | 26 | | 27 | |
| A 4:00p P90X Brenda | | C 5:30a Race and Ripped Zel | | A 5:30a 20/20/20 Mary Kat | | | | A 5:30a Bar and Burn Allison | | T 5:00a TRX 45 Allison | | T 8:30 S O S Jan | |
| | | B 8:00a Stretch Yoga Dee | | B 6:00a Yoga Laura | | A 5:15a FIRE Jamie/Des | | T 5:30a METRO MILERS Ste/Katie | | A 5:30a Training Camp Brenda | | C 8:30a Cycle Zel | |
| B 4:00 Yoga Dee | | C 8:15a Cycle Leigh Anne | | B 8:30a Bike Box Lift Juia/Trav | | B 8:00a Yoga/Meditation Dee | | A8:30a Cardio Meltdown Brenda | | B 8:00a Stretch Yoga Dee | | A 9:00a ZUMBA Richard | |
| <p><i>End Your Weekend With a WORKOUT!!!!!!</i> <i>2 great classes</i> <i>2 awesome instructors!!</i></p> | | A 8:30a 20/20/20 Mary Kat | | A 8:45a Power Yoga Twila | | C 8:15a Cycle Julia | | B 8:30a Yoga Twila | | C 8:15a Cycle (60) Julia | | B 9:35a Yoga Dee | |
| | | A 9:35a Low Impact Hayden | | A 9:35a Bar and Burn Jackie | | A 8:30a Muscle Mix Leigh Anne | | A 9:30a Active Aging Delisa | | A 8:30a ZUMBA MK/Dan | | | |
| | | B 9:40a Dynamic Flow Juliet | | A 4:30p Functional Training Julia | | A 9:35a Sculpt Lite Delisa | | B 9:35a BAR-lates Carroll | | A 9:35a Low Impact Brenda | | | |
| | | A 10:45a Active Aging Sharon | | B 5:30p Pilates Jennifer | | C 4:30p BIKE BOX LIFT Travis/Jul | | A 4:30p Step and Sculpt Brenda | | B 9:40a Dynamic Flow Juliet | | | |
| | | A 4:30p Circuit Training Julia | | A 5:35p Tabata Step Brenda | | A 5:35pZUMBA Danyalle | | B 4:30p Yoga Debbie | | | | | |
| | | | | | | C 5:30p Cycle Ron | | A 5:35p OPEN GYM Travis | | | | | |

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| 28 | | 29 NEW 4:30p Circuit Training | | 30 NEW 8:30a Bike Box Lift | | 31 FIRE 5:15a | | | | | | | |
| C 3:00p Cycle Marv Kat | | C 5:30a Race and Zel | | A 5:15a P90X Allison | | A 5:15a FIRE Jamie/Des | | | | | | | |
| A 4:00p FIRE Des/Jam | | B 8:00a Stretch Dee | | B 6:00a Yoga Laura | | B 8:00a Yoga/Meditation Dee | | | | | | | |
| B 4:00 Yoga Debbie | | C 8:15a Cycle Leigh Anne | | B 8:30a Bike Box Julia/Travis | | C 8:15a Cycle Julia | | | | | | | |
| <p>END Your Weekend With One SUPER WORKOUT!</p> | | A 8:30a 20/20/20 Mary Kat | | A 8:45a Power Twila | | A 8:30a Muscle Mix Leigh Ann | | | | | | | |
| | | A 9:35a Low Impact Hayden | | A 9:35a Bar and Jackie | | A 9:35a Sculpt Lite Delisa | | C 4:30p BIKE BOX LIFT Travis/Jul | | | | | |
| | | B 9:40a Dynamic Juliet | | A 4:30p Func train Julia | | B 5:30p Core Lila | | C 5:30p Cycle Ron | | | | | |
| | | A 10:45a Active Sharon | | A 5:35p Tabata Step Brenda | | | | A 5:35p ZUMBA Mary Kat | | | | | |
| | | A 4:30p Circuit Julia | | | | | | | | | | | |
| | | | | A 5:35p ZUMBA Ashley | | | | | | | | | |

January

