January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 CLUB CLOSED	**2**	**3 NEW YOGA 4:30p**	**4**	**5**
			A 5:15a **FIRE** **Des/Jamie** B 8:00a Yoga 90 **Paula** C 8:15a Cycle(45) Mary Kat A 8:30a Muscle Mix Leigh Anne A 9:35a Sculpt Lite Mary Kat A 4:30p **BOX INTERVALS** Travis C 5:30p Cycle Joshua A 5:35p Turbo Kick Zel	A 5:30a Bar & Burn Jackie T 5:30a METRO MILERS **Ste/Kati** A8:30a Cardio Meltdown Brenda B 8:30a Power Yoga Amy D A 9:30a Active Aging Jodie B 9:30a Bar-lates Carroll A 4:30p SCULPT Brenda B 4:30p Yoga Paula B 5:35p Pilates Paula **A 5:35p FIT CAMP** Travis	A 5:15a TRX Kay **C 5:30a Cycle PLUS** **Mary Kat** B 8:00a Stretch Yoga 90 Dee **C 8:15a Cycle** Amy **A 8:30a SCULPT 60** Brenda **A 9:35a Low Impact** Brenda B 9:40a Yoga Lisa A5:00p Jungle Body Angel	C 8:30a Cycle Phillip **T 9:00 S.O.S** **Jan** **A 9:00a 20/20/20** Mary Kat **B 9:35a Yoga** Lisa **This Saturday Has You Covered!!!**
6	**7**	8	**9**	10 **NEW YOGA 4:30p**	**11**	**12**
C 3:00p Cycle Zel A 4:00p FIRE Des/Jami ~~B 4:00p Yoga~~ ~~Dee~~ End Your Weekend With a WORKOUT!!!!!! 3 great classes 4 awesome instructors!!	**C 530a** 30TK/ 30 Weights Zel B 8:00a Stretch Yoga 90 Dee **C 8:15a Cycle** Leigh Anne A 8:30a **FIRE** Desiree A 9:35a Low Impact Jodie B 9:40a Yoga Margree A 10:45a Active Aging Jodie A 4:30p Circuit Training Desiree **A 5:35p Turbo Kick/Mix** Mary Kat C 5:45p Power Cycle Amy B	A 5:30 Training Camp Brenda A 8:30a Turbo Kick MaryKat **B 8:30a** Power Yoga Amy D A 9:35a Bar and Burn Jackie A 4:30p FIT CAMP Ashley J A 5:35p Tabata Step Brenda	A 5:15a **FIRE** Desiree B 8:00a Yoga 90 Paula C 8:15a Cycle(45) Mary Kat A 8:30a Muscle Mix Leigh Anne A 9:35a Sculpt Lite Delisa A 4:30p **BOX INTERVALS** Travis C 5:30p Cycle **Amy** A 5:35p Turbo Kick Zel	A 5:30a Bar & Burn Jackie T 5:30a INTERVAL RUN Ste/Katie A8:30a Cardio Meltdown Brenda B 8:30a Power Yoga Amy D A 9:30a Active Aging Jodie B 9:30a Bar-lates Carroll A 4:30p SCULPT Brenda B 4:30p Yoga Paula B 5:35p Pilates Paula **A 5:35p FIT CAMP** Ashley J	A 5:15a TRX Kay **C 5:30a Cycle PLUS** Mary Kat B 8:00a Stretch Yoga 90 Dee **C 8:15a Cycle** Amy **A 8:30a ZUMBA DUO** Dany/MK **A 9:35a Low Impact** Brenda B 9:40a Yoga Lisa	C 8:30a Cycle Amy **A 9:00a P90X** Brenda **B 9:35a Yoga** Paula 9:35am Yoga w/ Paula!
13	**14**	**15**	**16**	**17 NEW YOGA 4:30p**	**18**	**19**
C 3:00p Cycle Joshua A 4:00p TABATA Phillip B 4:00p Yoga Willemijn **This Sunday Has You Covered!!!**	**C 530a** 30TK/ 30 Weights Zel B 8:00a Stretch Yoga 90 Dee C 8:15a **Cycle PLUS** Leigh Anne A 8:30a **FIRE** Desiree A 9:35a Low Impact Jodie B 9:40a Yoga Margree A 10:45a Active Aging Sharon A 4:30p FIRE Desiree **A 5:35p Turbo Kick/Mix** Mary Kat C 5:45p Power Cycle Phillip	A 5:30 Training Camp Brenda A8:30a Turbo Kick **Mary Kat** **B 8:30a** Power Yoga Amy D A 9:35a Bar and Burn Jackie A 4:30p FIT CAMP Ashley J A 5:35p Tabata Step Brenda	A 5:15a FIRE Jamie/Des B 8:00a Yoga Paula C 8:15a Cycle(45) Mary Kat **A 8:30a** Muscle MIX Leigh Anne A 9:35a Sculpt Lite Mary Kat A 4:30p **BOX INTERVALS** **Travis** C 5:30p Cycle Josh A 5:35p Turbo Kick Zel	A 5:30a Bar and Burn Jackie T 5:30a METRO MILERS **Ste/Katie** A8:30a **Cardio Meltdown** Brenda B 8:30a Power Yoga Amy D A 9:30a Active Aging **Jodie** B 9:30a Bar-lates Carroll A 4:30p **SCULPT** Brenda B 4:30p Yoga Paula B 5:35p **Pilates** Paula A 5:35p **FIT CAMP** Ashley J	A 5:15a TRX Kay **C 5:30a Cycle PLUS** Mary Kat B 8:00a Stretch Yoga 90 Dee C 8:15a Cycle (60) Amy **A 8:30a SCULPT 60** Brenda A 9:35a Low Impact Brenda B 9:40a Yoga Lisa A5:00p Jungle Body Angel	C 8:30a Cycle Amy **T 9:00 S.O.S** Jan A 9:00a FIT CAMP Ashley J **B 9:35a Yoga** Willemijn Burn Off Those Wkd Calories! 8:30a Cycle!
20	**21**	**22**	**23 HAPPY 20 YEARS!!!!!**	**24 NEW YOGA 4:30p**	**25**	**26**
C 3:00p Cycle Joshua A 4:00p FIRE Des/Jami B 4:00pPower Yoga Amy D 	C 5:30a 30 TK/ 30 Mary Kat B 8:00a Stretch Yoga 90 Dee **C 8:15a Cycle** Leigh Anne **A 8:30a FIRE** Desiree A 9:35a Low Impact Jodie B 9:40a Yoga Margree A 10:45a Active Aging Sharon A 4:30p Circuit Training Desiree **A 5:35p Turbo Kick/Mix** Mary Kat C 5:45p Power Cycle Amy B	A 5:30a Training Camp Brenda **A 8:30a** Turbo Kick Mary Kat **B 8:30a** Power Yoga Amy D A 9:35a Bar and Burn Jackie A 4:30p FIT CAMP Ashley J A 5:35p **Tabata Step** Brenda	A 5:15a FIRE Jaime/Des B 8:00a Yoga 90 Paula C 8:15a **1999 SPIN!** Mary Kat A 8:30a **20 Year** Leigh Anne **Celebration Workout!** Jodie A 9:35a Sculpt Lite Delisa A 4:30p **BOX INTERVALS** **Travis** **C 5:30p 1999 SPIN!** Amy A 5:35p Turbo Kick Zel	A 5:30a Bar and Burn **Jackie** T 5:30a INTERVAL RUN **Ste/Katie** A8:30a Cardio Meltdown Brenda **B 8:30a Christmas PJ** Amy D **Power Yoga**! Jodie A 9:30a Active Aging Jodie B 9:30a Bar-lates Carroll A 4:30p SCULPT Brenda B 4:30p Yoga Paula B 5:35p Pilates Paula **A 5:35p FIT CAMP** Ashley J	A 5:15a TRX Kay **C 5:30a Cycle PLUS** Mary Kat B 8:00a Stretch Yoga 90 Dee C 8:15a Cycle (60) Amy **A 8:30a ZUMBA DUO** Dany/MK A 9:35a Low Impact Brenda B 9:40a Yoga **Lisa**	C 8:30a Cycle Amy **A 9:00a 30 TK** Zel **30 WEIGHTS** B 9:35a Yoga Lisa 9:35am Yoga w/ Lisa !
27	**28**	**29**	**30**	**31 NEW YOGA 4:30p**		
C 3:00p Cycle Phillip A 4:00p Tabata Step Brenda B 4:00p Yoga Dee	C 5:30a 30 TK/ 30 Zel B 8:00a Stretch Yoga 90 Dee **C 8:15a Cycle** Leigh Anne **A 8:30a FIRE** Desiree A 9:35a Low Impact Jodie B 9:40a Yoga Margree A 10:45a Active Aging Sharon A 4:30p FIRE Desiree **A 5:35p Turbo Kick/Mix** Mary Kat C 5:45p Power Amy B	A 5:30a TrainCamp **Brenda** **A 8:30a** Turbo Kick Mary Kat **B 8:30a** Power Yoga Amy D A 9:35a Bar Burn **Jackie** A 4:30p FIT CAMP **Ashley J** A 5:35p **Tabata** Brenda	A 5:15a FIRE Jaime/Des B 8:00a Yoga 90 **Paula** C 8:15a Cycle Mary Kat A 8:30a Muscle Mix Leigh Anne A 9:35a Sculpt Lite Mary Kat A 4:30p Boxing Travis C 5:30p Cycle Joshua A 5:35p Turbo Kick Zel	A 5:30a Bar and Burn Jackie T 5:30a METRO MILERS **Ste/Katie** A8:30a **Cardio Meltdown** **Brenda** B 8:30a Power Yoga **Amy D** A 9:30a Active Aging **Jodie** B 9:30a Bar-lates **Carroll** A 4:30p **SCULPT** **Brenda** B 4:30p Yoga **Paula** B 5:35p Pilates **Paula** **A 5:35p FIT CAMP** **Ashley J**		