

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 pm Strength Conditioning CLAIRE	6:00-7:00 am Strength Conditioning CLAIRE	6:00-7:00 am Strength Conditioning MEGHAN	6:00-7:00 am Strength Conditioning SANDY	6:00-7:00 am Strength Conditioning JANICE	7:45-8:45 am Strength Conditioning JENNIFER M.	7:45-8:45 am Strength Conditioning KEITH
9:00-9:30 am Abs & Arms KATHI	9:00-10:00 am Circuit Training MICHELLE	9:00-10:00 am Circuit MEGHAN	9:00-10:00 am Circuit KATHI	9:00-10:00 am Circuit JANICE	9:00-10:00 am Weight Circuit KATHI	9:00-10:00 am Yoga KEITH
9:30-10:30 am STEP KATHI	9:30-10:15 am Strength Conditioning ESTHER	9:30-10:15 am Strength Conditioning ESTHER	10:00-11:00 am Step KATHI	10:00-11:00 am BODYSTEP JANICE	10:00-11:00 am Step Interval KATHI	9:30-10:30 am ZUMBA® CELESTE
10:00-11:00 am Yoga KEITH	10:00-11:00 am Yoga KEITH	10:00-11:00 am Stretch KEITH	10:00-11:00 am Pilates ESTHER	10:00-11:00 am BODYFLOW MEGHAN	10:30-11:30 am Step Interval KATHI	10:30-11:30 am BODYPUMP JENNY C.
5:00-6:00 pm Bottom Half Workout BODYPUMP ANGELICA	5:00-5:30 pm Bottom Half Workout Abs ANGELICA	5:00-6:00 pm BODYPUMP KICKBOXING ABBY	5:00-6:00 pm KICKBOXING ABBY	5:00-6:00 pm KICKBOXING ABBY	5:00-6:00 pm Bottom Half Workout BODYPUMP ANGELICA	5:00-6:00 pm Bottom Half Workout BODYPUMP ANGELICA
6:00-7:00 pm Kickboxing ABBY	6:00-7:00 pm Step CLAIRE	6:00-7:00 pm Cut to the Core KATHI	6:00-7:00 pm Step Interval KATHI	6:00-7:00 pm Step Interval KATHI	6:00-7:00 pm Yoga KEITH	6:00-7:00 pm Yoga KEITH
6:00-6:30 pm Abs ABBY	6:00-6:30 pm Abs CLAIRE	6:00-7:00 pm Step Interval KATHI	6:00-7:00 pm Step Interval KATHI	6:00-7:00 pm Step Interval KATHI	6:00-7:00 pm Yoga KEITH	6:00-7:00 pm Yoga KEITH
6:30-7:00 pm Bottom Half Workout BODYPUMP ANGELICA	6:30-7:00 pm Bottom Half Workout BODYPUMP ANGELICA	6:30-7:00 pm Bottom Half Workout BODYPUMP ANGELICA	6:30-7:00 pm Bottom Half Workout BODYPUMP ANGELICA	6:30-7:00 pm Bottom Half Workout BODYPUMP ANGELICA	6:30-7:00 pm Bottom Half Workout BODYPUMP ANGELICA	6:30-7:00 pm Bottom Half Workout BODYPUMP ANGELICA
7:00-8:00 pm BODYPUMP SANDY	7:00-8:00 pm Yoga KEITH	7:00-8:00 pm BODYPUMP JENNY C.	7:00-8:00 pm Yoga KEITH	7:00-8:00 pm Yoga KEITH	7:00-8:00 pm Yoga KEITH	7:00-8:00 pm Yoga KEITH
7:00-8:00 pm BODYFLOW ANGELICA	7:00-8:00 pm BODYFLOW ANGELICA	7:00-8:00 pm BODYFLOW ANGELICA	7:00-8:00 pm BODYFLOW ANGELICA	7:00-8:00 pm BODYFLOW ANGELICA	7:00-8:00 pm BODYFLOW ANGELICA	7:00-8:00 pm BODYFLOW ANGELICA
6:00-7:00 am CYCLE CATHY	6:00-7:00 am CYCLE JOCELYN	6:00-7:00 am CYCLE CATHY	6:00-7:00 am CYCLE CATHY	6:00-7:00 am CYCLE CATHY	7:45-8:30 am CYCLE JANIS	9:00-10:00 am CYCLE SAMMIE
9:30-10:30 am HEATHER	9:30-10:30 am HEATHER	9:30-10:30 am HEATHER	9:30-10:30 am HEATHER	9:30-10:30 am HEATHER	10:00-11:00 am SAMMIE	10:00-11:00 am SAMMIE
5:00-6:00 pm SANDY	5:00-6:00 pm SANDY	5:00-6:00 pm SANDY	5:00-6:00 pm SANDY	5:00-6:00 pm SANDY	5:00-6:00 pm SANDY	5:00-6:00 pm SANDY
6:00-7:00 pm ANGELICA	6:00-7:00 pm ANGELICA	6:00-7:00 pm ANGELICA	6:00-7:00 pm ANGELICA	6:00-7:00 pm ANGELICA	6:00-7:00 pm ANGELICA	6:00-7:00 pm ANGELICA

Welcome New Members!
 We hope we can jump start
 your new year's resolution on
 the right track.

Launch Week
Starts January 9th!!!
 Never tried a class?
 Now is the time since all classes
 will be ALL NEW to everyone!

New music
New choreography
ARE YOU READY?

ATTENTION MEMBERS!
Schedule Changes!!