

# Group Fitness Schedule: January 2018 (revised)



	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
5:30am	Boot Camp (\$) (James)	30-Day Challenge (\$) (Jen)	Boot Camp (\$) (James)	30-Day Challenge (\$) (Jen)	30-Day Challenge (\$) (Jen)	Boot Camp (\$) (James)	
5:45am			Cycling (Amy)				
7:00am							
8:00am							Tone & Sculpt (Jen)
8:15am	Mat Pilates (Paula)		Mat Pilates (Paula)				
9:00am	Cycling (Amy)						Cycling (Brandy)   30-Day Challenge (\$) (James)
9:30am	Senior Fit/Silver Sneakers (Kristin)		Senior Fit/Silver Sneakers (Kristin)			Senior Fit/Silver Sneakers (Kristin)	
10:00am							Total Body Fitness (Tara)
12:00pm	Ab Blast (Cody)	Step Fitness (Kristin)	Full Body Blitz (Rylan)		Total Body Fitness (James)		
5:30pm	Inferno 30 (Kristin)	Yoga (Pam)	Total Body Fitness (Tara)		Yoga (Pam)		
6:00pm		30-Day Challenge (\$) (James)			30-Day Challenge (\$) (James)		
6:30pm					Full Body Blitz (Cody)		

- Classes marked with a "\$" required an additional fee.
- January schedule begins 1/2/18
- 30-Day Challenge begins 1/15/18