

# January 18th through 24th

## GROUP FITNESS



SUNDAY 1/18	MONDAY 1/19	TUESDAY 1/20	WEDNESDAY 1/21	THURSDAY 1/22	FRIDAY 1/23	SATURDAY 1/24
	 6:05-7:15 AM Core & TRX (Kari)	 6:30-7:30AM Get Fit Boxing (Canceled)		 6:30-7:30AM Get Fit Boxing (Canceled)	 6:05-7:15 AM Core & TRX (Kari)	
			 7:00-7:50AM Ski Fit (Kim)		 7:30-8:30AM Power Yoga (Jackie)	
	 8:00-9:00AM Spinning (Karen)		 8:00-9:00AM Spinning (Karen)		 8:00-9:00AM Spinning (Kim)	 8:00-9:00AM Power Core (Ivazina)
 9:00-10:00 AM Swim Strong (Mike)	 9:30- 10:30AM Cardio Dance (Emily)	 9:30-10:45AM Vinyasa Yoga (Jennie)	 9:30- 10:30AM Cardio Dance (Emily)	 9:30-10:45AM Vinyasa Yoga (Jennie)	 9:30- 10:30AM Zumba® (Emily)	 9:30-10:45AM Vinyassa Yoga (Marissa)
	 11:15-12:00PM Ski Fit (Delana)			 11:15-12:00PM Ski Fit (Delana)	 10:45-12:00PM Gentle Yoga for Mobility (Meghan)	 11:00-12:00PM Zumba® (Courtney)
 4:30-5:30PM Yin Yoga (Meghan)	 5:15-6:15PM Strength & Core (Ivazina)	 5:30-6:30PM Power Yoga (Christy)	 5:15-6:15PM Strength & Core (Ivazina)		 4:30-5:30PM AFLOW - Dance (Heather)	
	 6:30-7:30PM Vinyasa Yoga (Kelly)		 6:30-7:30PM Vinyasa Yoga (Kelly)			



Box Fit



SPINNING



DANCE



STRENGTH



YOGA



Suspension Training

\*PLEASE CHECK WEBSITE OR ASK OUR HOSTS AT THE FRONT DESK FOR CANCELATIONS AND UPDATES