

JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
1 NEW YEARS DAY FACILITY CLOSED	2 *6 am WOW-Doris 7 am Cycling-Lynn 8 am Dancercise Noon Circuit-Carol *5 pm WOW-Carol 6 pm Yoga-Doris	3 5:15 am Cycling-Mary 5:15 am Cardio2Tone-Lynn 8 am Mat Pilates-Duanne 10 am Senior Gang Noon Strength-Sarah 6 pm ZUMBA-Eryka *7:15 pm WOW-Diane	4 *5:45 am WOW-Lynn 8 am Dancercise Noon Cycling-Kim *5 pm WOW-Mary 7:15 pm Cardio Power-Diane	5 5:15 am Cycling-Renee 5:15 am Cardio2Tone-Lynn 8 am Mat Pilates-Duanne Noon Strength-Sarah 5:30 pm ZUMBA-Sheri 7 pm Cardio/Weights-Emily	6 5:15 am Cycling-Lynn 8 am Dancercise Noon Circuit-Carol	7 7 am Cycling-Lynn 9:15 am Cardio/Weights-Emily		
	9 5:15 am Cycling-Lynn *6 am WOW-Doris 8 am Dancercise Noon Circuit-Carol *5 pm WOW-Carol 6 pm Yoga-Doris	10 5:15 am Cycling-Renee 5:15 am Cardio2Tone-Lynn 8 am Mat Pilates-Duanne 10 am Senior Gang Noon Strength-Sarah 6 pm ZUMBA-Eryka *7:15 pm WOW-Diane	11 *5:45 am WOW-Lynn 8 am Dancercise Noon Cycling-Kim *5 pm WOW-Mary 7:15 pm Cardio Power-Diane	12 5:15 am Cycling-Renee 5:15 am Cardio2Tone-Lynn 8 am Mat Pilates-Duanne Noon Strength-Sarah 5:30 pm ZUMBA-Sheri 7 pm Cardio/Weights-Emily	13 <u>No Cycling today</u> 8 am Dancercise Noon Circuit-Carol	14 9:15 am Cardio/Weights-Emily		
	16 <u>No Cycling today</u> *6 am WOW-Doris 8 am Dancercise Noon Circuit-Carol *5 pm WOW-Carol 6 pm Yoga-Doris	17 5:15 am Cycling-Mary <u>No Cardio2Tone today</u> 8 am Mat Pilates-Duanne 10 am Senior Gang Noon Strength-Sarah 6 pm ZUMBA-Eryka *7:15 pm WOW-Diane	18 *5:45 am WOW-Doris 8 am Dancercise Noon Cycling-Kim *5 pm WOW-Mary 7:15 pm Cardio Power-Diane	19 5:15 am Cycling-Renee <u>No Cardio2Tone today</u> 8 am Mat Pilates-Duanne Noon Strength-Sarah 5:30 pm ZUMBA-Sheri 7 pm Cardio/Weights-Emily	20 5:15 am Cycling-Lynn 8 am Dancercise Noon Circuit-Carol	21 7 am Cycling-Lynn 9:15 am Cardio/Weights-Emily		
	23 5:15 am Cycling-Lynn *6 am WOW-Doris 8 am Dancercise Noon Circuit-Carol *5 pm WOW-Carol 6 pm Yoga-Doris	24 5:15 am Cycling-Mary 5:15 am Cardio2Tone-Lynn 8 am Mat Pilates-Duanne 10 am Senior Gang Noon Strength-Sarah 6 pm ZUMBA-Eryka <u>7 pm Taste of Boot Camp!</u>	25 *5:45 am WOW-Lynn 8 am Dancercise Noon Cycling-Kim *5 pm WOW-Mary 7:15 pm Cardio Power-Diane	26 5:15 am Cycling-Renee 5:15 am Cardio2Tone-Lynn 8 am Mat Pilates-Duanne Noon Strength-Sarah 5:30 pm ZUMBA-Sheri *7:15 pm WOW-Diane	27 5:15 am Cycling-Lynn 8 am Dancercise Noon Circuit-Carol	28 7 am Cycling-Lynn 9:15 am Cardio/Weights-Emily		
	30 5:15 am Cycling-Lynn *6 am WOW-Doris 8 am Dancercise Noon Circuit-Carol *5 pm WOW-Carol 6 pm Yoga-Doris	31 5:15 am Cycling-Mary 5:15 am Cardio2Tone-Lynn 8 am Mat Pilates-Duanne 10 am Senior Gang Noon Strength-Sarah 6 pm ZUMBA-Eryka *7:15 pm WOW-Diane	Biggest Loser Boot Camp is coming on Thursday, Feb. 2nd! See what it is all about. Come to our FREE “Taste of Boot Camp!” class 7 pm on January 24th in our gym. Check us out.					

* denotes a Specialty Class. Extra fees apply.