HEALTHY LIVING JANUARY

GROUP FITNESS SCHEDULE

Group Fitness Schedule Winter 2017

Schedule begins Monday, January 2, 2017 and is subject to change

Child Watch Hours:
Monday 9-12, 4-7:30p
Tuesday 9-12, 4-7:30
Wednesday 9-12,4-7:30
Thursday 9-12, 4-7:30
Friday 9-12, 4-7:30
Saturday 9-12 - noon
Sunday - closed

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00a Energize Step Diane		6:00-7:00a Energize Step Diane		6:00-7:00a Energize Step Diane		
7:00-8:00a 20-10 Keith	7:00-8:00a Pilates Louise	7:00-8:00a Mindful Meditation Alicia	7:00-8:00a Pilates Louise	7:00-8:00a Vinyasa Yoga Sally	7:30-8:30a Energize Step Diane	
8:00-9:00a Body Sculpt Andy	8:00-9:00a Pilates Barbara	8:15-9:15a Low Impact Tammy S.	8:00-9:00a Pilates Barbara	8:10-9:10a Low Impact Esther	8:00-9:00a Zumba Emily	
8:15-9:10a Zumba Gold Barbara	8:00-9:00a Fit for Life Frank		8:00-9:00a Fit for Life Frank		8:45-9:45a Hardcore Justin	
9:15-10:15a Power Hour Barbara	9:15-10:15a Zumba Esther	9:30-10:30a Classic Nia Jessica A	9:15-10:15a Power Hour Charlene	9:20-10:20a Nia Sculpt Jessica A		
	9:15-10:15a Live Life Yoga Kay O.		9:15-10:15a Live Life Yoga Kay O.			
10:45-11:45 Zumba Sona	10:30-11:30 Kind Yoga Dessie	10:45-11:45 Zumba Sona	10:30-11:30 Kind Yoga Dessie	10:30-11:45a Yoga Flow Sally		12:15-1:15p Zumba Emily
11:45-12:45 Vitality Stretch Amy		11:45-12:45 Vitality Stretch Amy				1:45-2:45p Yoga Dawn S.
		1:00-2:00p Fitness Chair Denise G.				1:45-2:30p Aqua Zumba Carolyn
4:30-5:30p Zumba Christy	4:15p-5:15p Restorative Yoga-Sally	4:15-5:15p Restorative Yoga-Sally	4:30-5:30p Zumba Christy	5:00-5:30p Insanity Aynaz		
5:30-6:30p Just Core Carolyn		5:30-6:30p Cize Live Sona	5:30-6:30p Bootcamp Justin	6:00-7:00p Yoga Julie		
6:30-7:30p Yoga Dawn S.	6:15-7:15p Tai Chi Roberta	6:30-7:30p Zumba Toning Carolyn	6:30-7:30p Yoga Julie			
		6:15-7:15p Yoga Sculpt Sheri	7:30-8:30p Aikido Larry M.			