

HEALTHY LIVING – JANUARY

GROUP FITNESS SCHEDULE

Group Fitness Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WINTER 2015	6:00-7:00a Energize Step Diane M	6:00-7:00a Power Sculpt Barbara	6:00-7:00a Energize Step Diane M	6:00-7:00a Yoga Sally B.	6:00-7:00a Energize Step Diane M		
Schedule Begins Monday Jan 5, 2015 and is subject to change	7:00-8:00a Body Sculpt Andy	7:00-8:00a Pilates Michael G	7:00-8:00a Yoga Sally B.	7:00-8:00a Pilates Michael G.			
Child Watch Hours: Monday 8-12, 4-7:30p Tuesday 9-12, 4-7:30 Wednesday 8-12,4-7:30 Thursday 9-12, 4-7:30 Friday 9-12, 4-7:30 Saturday 9-12noon Sunday - closed	8:00-9:00a Low Impact Kathy	8:00-9:00a Pilates Michael G.	8:15-9:15a Low Impact Tammy S.	8:00-9:00a Pilates Michael G.	8:00-9:00a Low Impact Sue L.	7:30-8:30a Energize Step Diane	
	8:00-9:00a Body Sculpt Carol H. (upstairs)	8:00-9:00a Fit for Life Rene		8:00-9:00a Fit for Life Patience		8:00-9:00a Zumba Emily	
	9:15-10:15a Pilates Susan F.	9:15-10:15a Powersculpt Susan F.	9:15-10:15a NIA Jessica A. (upstairs)	9:15-10:15a Power Hour Susan F.	9:15-10:15a Cardio Sculpt Jessica A.	8:45-9:45a Hardcore Justin/Barbara	
	10:45-11:45 Zumba Patience	9:15-10:15a Live Life Yoga Kay O.	9:30-10:30a Killer Abs Susan F.	9:15-10:15a Live Life Yoga Kay O.	10:30-11:30a Yoga Sally B.	11:00-12:00 Vinyasa Flow Sally **1/18	
	10:45-11:30 Barre Bootcamp Deb	10:30-11:30 Yoga Flow Kay O.	10:45-11:45 Zumba Patience	10:30-11:30 Yoga Sally B.			12:15-1:15p Zumba Emily
	12:00-1:00 Hardcore Carolyn		12:00-1:00 Adv. Pilates Susan F 1/21				1:30-2:30p Yoga Dawn S.
			1:00-2:00p Chair Denise G.				
	4:30-5:30p Zumba Christy	4:30-5:30p Zumba Robyn	1:30-2:30 Parkinson's Dance Elaine	4:30-5:30p Zumba Christy			
	5:30-6:30p Simply Core Susan F.	5:30-6:00p Turbo Kick Sue W.	4:15-5:15p Restorative Yoga-Sally	5:30-6:30p Turbo Kick Sue W.	5:00-5:30p Insanity Patience		
	6:00-7:00p Women's Self Defense Andy		5:30-6:30p Boot Camp Barbara	6:30-7:15p Yoga Jessica	5:30-6:30p Zumba Patience		
	6:30-7:30p Yoga Dawn S.		6:30-7:30p Zumba Tone Carolyn R.	7:30-8:30p Aikido Larry M.			