



GROUP FITNESS SCHEDULE

January

Saturday

10:15 am
Yoga - ReaAnna

Times	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 am	Rowing/HIIT - Mandi	Cycling – Melissa	Rowing/HIIT - Mandi	Cycling – Melissa	Rowing/HIIT - Mandi
6:15 am	Cycling - Mandi 7:00 am MIXFIT - Erica	Barbell - Nikki 7:00 am MIXFIT - Erica	Cycling - Mandi	Barbell - Nikki 7:00 am MIXFIT - Erica	7:00 am MIXFIT - Erica
8:15 am	FlexiCore - Kathy	8:00 am Yoga - Cami	FlexiCore - Kathy	8:00 am Yoga - Cami	
9: 15am	Advanced Cycle - Randy Water Exercise - Kathy Zumba - Sarah	Zumba - Amber Water Aerobics - Sam	Advanced Cycle - Randy Water Aerobics - Caddie Zumba - Sarah	Zumba - Amber Water Aerobics - Sam	Water Aerobics - Caddie Zumba - Sarah
10: 15am	10:00 Barbell - Paige Rowing/HIIT - Lindsey		10:00 am Barbell – Paige		
11: 15am					
5:30 pm	Muscle Fusion - Nena		Muscle Fusion - Nena		Muscle Fusion - Nena
6:00 pm	Water Aerobics - Sara		Water Aerobics - Sara		Water Exercise
7:00 pm		HIGH/Low Fitness - Lori		HIGH/Low Fitness - Lori	

During non class times all equipment is available for use in the Aerobics Room. Friendly reminder: Please put all equipment away after use.