

Group Fitness Schedule
January 2023

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Director I

22 SUN	23 MON	24 TUE	25 WED	26 THU	27 FRI	28 SAT
Boot Camp 2:00 PM Michael H.	Power C.S.I. 5:15 AM Jen S.	Cycling Fusion® 5:15 AM Betsy A.	Strength Training 5:15 AM Johnathon H.	Water Fit Combo 5:30 AM Jennifer O.	Boot Camp 5:15 AM Dolly M.	Group Cycling 7:30 AM Shari R.
Restorative Yoga 3:00 PM Rotation 1.	Tabata 9:15 AM Lindsey S.	Treadmill 5:15 AM Jen S.	Power C.S.I. 9:15 AM Rotation 1.	Tabata 9:15 AM Tallie G.	Tai Chi/Chair Yoga 10:00 AM Trish H.	Boot Camp 9:05 AM Rotation 1.
Zumba® 4:00 PM Lisa W.	Fit for Life- Cardio/Strength 11:00 AM Nancy P.	Cycling Fusion® 9:15 AM Tallie G.	Yoga 9:15 AM Vanessa W.	MixedFit® 10:10 AM Thireena Y.	Enhance Fitness 11:00 AM Trish H.	Yoga 9:15 AM Andi C.
	Pilates 11:00 AM Jessie K.	Zumba® Gold 10:00 AM Rachel J.	Enhance Fitness 11:00 AM Lyndsay F.	Water Fit Combo 11:00 AM Trish H.	Group Cycling 12:00 PM Tallie G.	Zumba® 10:00 AM Greta G.
	Yoga 12:00 PM Jessie K.	Water Fit Combo 11:00 AM Mary C.	Strength Training 12:00 PM Vanessa R.	Fit For Life Chair Stretch/Yoga 12:00 PM Jessie K.	Yoga 12:00 PM Lauren H.	
	Water Fit Combo 4:30 PM Lyn S.	Fit For Life Strength 12:00 PM Vanessa R.	Group Cycling 12:00 PM Tallie G.	Water Fit Combo 4:30 PM Lyn S.	Kickboxing 4:30 PM Patrick M.	
	Water Fit Combo 5:30 PM Lyn S.	Boot Camp 5:30 PM Kendra M.	Group Cycling 5:30 PM Gayle R.	Water Fit Combo 4:30 PM Lyn S.	Aqua Zumba® 5:30 PM Rachel J.	
	Zumba/MixedFit 5:30 PM Cathy M.	Group Cycling 5:30 PM Kim F.	Yoga 5:30 PM Andi C.	Tabata 4:30 PM Nancy P.		
	Group Cycling 5:30 PM Kim F.	Yoga 5:30 PM Lauren H.	Strength Training 6:30 PM Brenda I.	Zumba® 5:30 PM Aimee G.		
		Yoga 5:30 PM Lauren H.	Strength Training 6:30 PM Brenda I.	Water Fit Combo 5:30 PM Mary C.		
		Refit® 6:30 PM Lora S.		Yoga 5:30 PM Heather N.		