

7 MONDAY 5:45AM LYNN	8 TUESDAY	9 WEDNESDAY	10 THURSDAY 6:00AM VICKY	11 FRIDAY	12 SATURDAY 8:00AM ANNIE	13 SUNDAY 8:00AM KAREN
8:15AM JEN	8:15AM CHRISSY	8:15AM SABRINA	8:15AM LAUREN	8:15AM JEN	9:05AM KARLA	
LOW 30	KICKBOXING 30		S&L	Muscles		SEE BELOW
8:45AM JEN	8:45AM CHRISSY					
PILATES 30	MUSCLES 30					
9:30AM NIKKI	9:30AM BRISA	9:30AM AUDREY	9:30AM JEN	9:30AM BRISA	10:15AM REBECCA	
Cardio Circuits	Strong	Muscles	sweat	ZUMBA		
10:35AM JEN			11:00AM REBECCA	10:45AM JEN	11:15AM REBECCA	
Foam Roller 20	*New class time*	*New class time*	ZUMBA	HARDCORE	ZUMBA	
11:15 JEN	12:15 PM BRISA	12:15 PM JEN	12:15PM REBECCA	<p>PLEASE JOIN US FOR OUR EXERCISE FOR THE ARTS FUNDRAISER TO BENEFIT THE WEAVER ACADEMY GUITAR PROGRAM! SUNDAY 1/13 1:00-5:05PM</p> <p>1:00PM STAR WARS FITNESS (AGES 4-8) 30 MINS 1:45 BATTLE OF THE STEPS: FREE-STYLE VS BODY STEP 60 MINS 2:30 GENTLE/BEGINNER YOGA WITH CLASSICAL GUITAR ACCOMPANIMENT 2:45 CARDIO DANCE PARTY 75 MINS 2:45 RESOLUTION SPIN 70 MINS 4:00 SPIN ROCKS! 60 MINS 4:05 GUNS AND BUNS 35 4:35 ABS AND DEEP STRETCH-CLASSICAL GUITAR MUSIC</p> <p>NEW CLASSES: MONDAY 11:15AM LOW IMPACT LITE TUESDAY 9:30AM STRONG BY ZUMBA THURSDAY 6:00 PM SPIN</p>		
LOW IMPACT LITE	ZUMBA	ABS 30				
12:15PM JAMES		12:45 PM JEN				
		LOW 30				
4:30PM LYNN	4:30PM DANA	4:30PM AUDREY	4:30PM JEN			
tone	sweat		Muscles			
5:30PM KARLA	5:30PM REBECCA	5:45PM KARLA	5:30PM JEN			
			ABS 30			
			6:00PM SABRINA			
6:30PM CHRIS	6:30PM ANNIE		6:30PM JAMES			
CARDIO DANCE						

MIND/BODY STUDI

MONDAY 6:00AM	TUESDAY 6:00AM	WEDNESDAY 6:00AM Kristy	THURSDAY 6:00AM	FRIDAY	SATURDAY	SUNDAY
OPEN YOGA	OPEN YOGA	Morning Flow	OPEN YOGA			
9:30AM NIKKI		9:30AM BARBARA	8:15AM JEN S.	9:30AM TONY	9:15AM Lora	
Yoga Level 2		Yoga Level 2	Pilates	Power Yoga	Yoga Level 2	
11:00AM Nikki	11:00AM SHEILA W.	11:00AM Anne H.	11:00AM NIKKI	11:00AM Mona	10:30AM SHEILA W.	10:30AM Nikki
Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	Gentle/Beg.	Yoga Level 1	Level 2/Deep Stretch
12:15pm Sheila W.		12:15PM Anne H.		12:15PM Mona		2:30PM Cathy L.
Level 1		Deep Stretch Slow Flow		Deep Stretch Slow Flow		Gentle/Beg.
						4:00PM LORA
						Yoga Level 2
6:00PM LORETTA	6:00PM BARBARA	6:00PM TONY	6:00PM LANCE			5:30PM KRISTY
Yoga Level 2	Mixed Lev Flow Vinyasa	Leve 2 Plus'	Yoga Basics			Meditation

SPIN/RPM STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM MARTHA	5:30AM KARA	5:45AM JODEE	6:00AM VICKY	8:05AM MIKE C.	
	SPIN	SPIN	SPIN	SPIN		
9:30AM JEN		9:30AM JULIE		8:30AM NIKKI	9:15AM JODEE	
SPIN				SPIN	SPIN	
12:15PM CINDY	12:15PM JEN	12:15PM MARTHA	12:15PM JULIE	12:15PM TIFFANY		2:45 PM JEN 70 min
SPIN		SPIN		SPIN		\$RESOLUTION SPIN
6:00PM AUDREY	6:00PM JODEE	6:00PM MARTHA	6:00PM AUDREY			4:00 PM LISA
SPIN	SPIN		SPIN			\$SPIN ROCKS!

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA	8:30AM TABITHA	8:30AM KIM	8:30AM ANNE	8:30AM ANNA	9:00AM RITA	<p>**FEE BASED** The Hirsch Cancer Center Class is a fee based class with specific requirements to attend. To inquire, please contact info@hirschcenter.org</p>
Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Water Fitness	
9:45AM TERESA	9:45AM TABITHA	9:45AM LAUREN	9:45-10:30AM			
Gentle Aqua	Gentle Aqua	Gentle Aqua	Open Water			
12:00PM DAVID		12:00PM NUMEDA			2:00PM **LINDA**	
Water Works		HIIT			Hirsch Center Class	