









JANUARY Fitness Classes (ACTIVITY CENTER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	STRENGTH 6-7am		STRENGTH 6-7am		
EASY DOES IT 9-10AM TAICHI 	EASY DOES IT 9-10AM FIT PARTY 	 TOTAL BODY 9:30-10:30am	EASY DOES IT 9-10AM STRENGTH 	 INTERVAL 9:30-10:30am	
	BALL 10-10:30AM	Restorative YOGA 10-10:45am	BALL 10-10:30AM 		
EASY DOES IT HII-LO 10:35-11:35am	EASY DOES IT CHAIR/MAT 10:35-11:35am	EASY DOES IT STRENGTH 10:35-11:35am	EASY DOES IT ROTATION 10:35-11:35am	EASY DOES IT TAI CHI 10:35-11:35am 	
CHILDCARE 3-8pm	CHILDCARE 3-8pm	CHILDCARE 3-8pm	CHILDCARE 3-8pm		
 INTERVAL 5:30-6:30pm	 SPIN 5:30-6:15pm	 SUPER STEP 5:30-6:30pm	INSTRUCTORS CHOICE 5:30-6:30pm		
YOGA 6-7pm 	YOGA 6-7pm 	 CORE 6:30-7pm 	NEW CLASS <i>Yogalates</i> 6:15-7pm 		
WERQ 6:30-7:30pm	ZUMBA 6:30-7:30pm	SPIN 6:45-7:30	WERQ 6:30-7:30pm	LINE DANCE 6:30-7:30PM 	
	PILATES 7-8pm 	PIYO 7-8PM	NEW CLASS AB's & Glutes 7-7:30pm		
BARRE 7:30-8:15pm 		ZUMBA 7:30-8:30pm			FEES ON BACK