

# January Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 	<b>2</b> 6:00 Quick HIITer (Bre) 6:45 Gentle Yoga (Kappy) 9:00 Barre (Bre) 10:00 Stretch Express (Bre) 10:30 iTone (Rissa) 1:30 Kids Yoga (Kappy) 5:00 Power Yoga (Kappy)	<b>3</b> 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 1:30 Kids Yoga (Kappy) 5:30 Cardio Acceleration (Rissa) 6:30 Yoga (Kappy)	<b>4</b> 6:30 Total Body Torch (Danielle S.) 6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	<b>5</b> 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Yoga (Kappy)	<b>6</b> 6:30 Total Body Torch (Danielle S.) 6:45 Gentle Yoga (Kappy) 9:00 Zone Tone (Carol) 10:30 iTone (Risa) 10:45 Silver Sneakers (Carol)	<b>7</b>
<b>8</b> 2:00 Cycle + Core (Danielle S.)	<b>9</b> 6:00 Quick HIITer (Bre) 6:45 Gentle Yoga (Kappy) 9:00 Barre (Danielle P.) 10:00 Stretch Express (Danielle P.) 10:30 iTone (Rissa) 5:00 Power Yoga (Kappy)	<b>10</b> 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Yoga (Kappy)	<b>11</b> 6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	<b>12</b> 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Yoga (Kappy)	<b>13</b> 6:45 Gentle Yoga (Kappy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 6:30 Power Hour (Bre)	<b>14</b> 8:00 Weekend Warrior (Bre)
<b>15</b> 2:00 Cycle + Core (Danielle S.)	<b>16</b> 6:00 Quick HIITer (Bre) 6:45 Gentle Yoga (Kappy) 9:00 Barre (Bre) 9:00 Zumba (Ariagna) 10:00 Stretch Express (Bre) 10:30 iTone (Rissa) 1:30 Kids Yoga (Kappy) 5:00 Power Yoga (Kappy)	<b>17</b> 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 10:45 Strong Nation (Ariagna) 1:30 Kids Yoga (Kappy) 5:30 Cardio Acceleration (Rissa) 6:30 Yoga (Kappy)	<b>18</b> 6:30 Total Body Torch (Danielle S.) 6:45 Gentle Yoga (Kappy) 9:30 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	<b>19</b> 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 10:45 Strong Nation (Ariagna) 5:30 Cardio Acceleration (Rissa) 6:30 Yoga (Kappy)	<b>20</b> 6:30 Total Body Torch (Danielle S.) 6:45 Gentle Yoga (Kappy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 6:30 Power Hour (Bre)	<b>21</b> 8:00 Weekend Warrior (Bre) 9:00 Zumba (Ariagna)
<b>22</b> 2:00 Cycle + Core (Danielle S.)	<b>23</b> 6:00 Quick HIITer (Bre) 6:45 Gentle Yoga (Kappy) 9:00 Barre (Danielle P.) 10:00 Stretch Express (Danielle P.) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 5:00 Power Yoga (Kappy)	<b>24</b> 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 10:45 Strong Nation (Ariagna) 5:30 Cardio Acceleration (Rissa) 6:30 Yoga (Kappy)	<b>25</b> 6:30 Total Body Torch (Danielle S.) 6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	<b>26</b> 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 10:45 Strong Nation (Ariagna) 5:30 Cardio Acceleration (Rissa) 6:30 Yoga (Kappy)	<b>27</b> 6:30 Total Body Torch (Danielle S.) 6:45 Gentle Yoga (Kappy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 6:30 Power Hour (Bre)	<b>28</b> 8:00 Weekend Warrior (Bre) 9:00 Zumba (Ariagna)
<b>29</b> 2:00 Cycle + Core (Danielle S.)	<b>30</b> 6:00 Quick HIITer (Bre) 6:45 Gentle Yoga (Kappy) 9:00 Barre (Danielle P.) 9:00 Zumba (Ariagna) 10:00 Stretch Express (Danielle P.) 10:30 iTone (Rissa) 1:30 Kids Yoga (Kappy) 5:00 Power Yoga (Kappy)	<b>31</b> 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 10:45 Strong Nation (Ariagna) 1:30 Kids Yoga (Kappy) 5:30 Cardio Acceleration (Rissa) 6:30 Yoga (Kappy)				