

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <u>PFCC</u> <u>Closed</u>	2 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	3 9:00 Body Pump (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)	4 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Yoga (Amy) 5:30 iSweat (Rissa)	5
6	7 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	8 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)	9 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	10 9:00 Body Pump (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)	11 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Yoga (Amy) 5:30 iSweat (Rissa)	12
13	14 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	15 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)	16 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	17 9:00 Body Pump (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)	18 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Yoga (Amy) 5:30 iSweat (Rissa)	19
20	21 9:00 Barre (Carol) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 No Class	22 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)	23 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	24 9:00 Body Pump (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)	25 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Yoga (Amy) 5:30 iSweat (Rissa)	26
27	28 9:00 Barre (Shannon) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 5:00 Yoga (Amy) 7:00 Barre (Shannon)	29 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)	30 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 5:15 Power Yoga (Amy)	31 9:00 Body Pump (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)		