





Fitness January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			 1 CLOSED HAPPY NEW YEAR	 2 8:00 Zumba (Rudy) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba No Class	3 8:00 Spin Express (Carol) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	4 9:00 Zumba (Rudy)
5	6 9:00 Barre No Class 10:00 Form and Feeling No Class 10:30 iTone (Rissa) 12:00 Zumba No Class 5:00 Yoga (Amy) 6:00 Zumba Express (Emily)	7 8:00 Zumba No Class 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	8 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 12:00 Zumba No Class 5:15 Power Yoga (Amy)	9 8:00 Zumba No Class 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	10 8:00 Spin Express (Carol) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	11 9:00 Zumba No Class
12	13 9:00 Barre (Danielle) 10:00 Form and Feeling (Danielle) 10:30 iTone (Rissa) 12:00 Zumba No Class 5:00 Yoga (Amy) 6:00 Zumba Express (Emily)	14 8:00 Zumba No Class 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	15 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 12:00 Zumba No Class 5:15 Power Yoga (Amy)	16 8:00 Zumba No Class 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	17 8:00 Spin Express (Carol) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	18 9:00 Zumba No Class
19	20 9:00 Barre No Class 10:00 Form and Feeling No Class 10:30 iTone (Rissa) 12:00 Zumba (Rudy) 5:00 Yoga (Amy) 6:00 Zumba Express No Class	21 8:00 Zumba (Rudy) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 12:00 Zumba (Rudy) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	22 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 12:00 Zumba (Rudy) 5:15 Power Yoga (Amy)	23 8:00 Zumba (Rudy) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	24 8:00 Spin Express (Carol) 9:00 Zone Tone (Carol) 10:30 iTone (Rudy) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	25 9:00 Zumba (Rudy)
26 	27 9:00 Barre (Danielle) 10:00 Form and Feeling (Danielle) 10:30 iTone (Rissa) 12:00 Zumba (Rudy) 5:00 Yoga (Amy) 6:00 Zumba Express (Emily)	28 8:00 Zumba (Rudy) 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 12:00 Zumba (Rudy) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	29 9:30 Power Camp/ Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 12:00 Zumba (Rudy) 5:15 Power Yoga (Amy)	30 8:00 Zumba (Rudy) 9:00 Body Pump Flex And Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:30 Zumba (Emily)	31 8:00 Spin Express (Carol) 9:00 Zone Tone (Carol) 10:30 iTone (Rudy) 10:45 Silver Sneakers (Carol) 5:30 iSweat (Rissa)	