

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <u>New Years Day</u> <u>Center Closed</u>	2 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa)	3 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iMove (Rissa) 10:45 C. SilverSneakers (Carol) 12:00 Pilates (Danielle) 5:15 Power Yoga (Amy)	4 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 4:50 ASHTANGA Yoga (Amy) 5:30 Cardio Acceleration (Rissa)	5 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iTone (Rissa)	6
7	8 9:00 Power Pump (Carol) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 6:30 Barre (Shannon)	9 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	10 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iMove (Rissa) 10:45 C. SilverSneakers (Carol) 12:00 Pilates (Danielle) 5:15 Power Yoga (Amy)	11 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	12 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iTone (Rissa)	13
15	16 9:00 HITT (Jessica) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 6:30 Barre (Shannon)	17 9:00 Spin (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	18 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iMove (Rissa) 10:45 C. SilverSneakers (Carol) 12:00 Pilates (Danielle) 5:15 Power Yoga (Amy)	19 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 4:50 ASHTANGA Yoga (Amy) 5:30 Cardio Acceleration (Rissa)	20 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iTone (Rissa)	21
22	23 9:00 Power Pump (Carol) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 6:30 Barre (Shannon)	24 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	25 6:45am Yoga (Amy) 9:30 Power Camp/ Kettlebell (Carol) 10:30 iMove (Rissa) 10:45 C. SilverSneakers (Carol) 12:00 Pilates (Danielle) 5:15 Power Yoga (Amy)	26 9:00 Body Pump (Carol) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)	27 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Amy) 5:30 iTone (Rissa)	28
29	30 9:00 HITT (Jessica) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:50 Yoga (Amy) 6:30 Barre (Shannon)	31 9:00 Spin (Carol) 10:30 Fit For Life (Carol) 11:00 Cross Training (Taylor) 5:30 Cardio Acceleration (Rissa)				