






Fitness January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 6:45 Gentle Yoga (Kappy) 10:30 iTone (Rissa) 5:00 Power Yoga (Kappy)	4 9:00 Spin 10:30 Fit For Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	5 6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 6:00 Power Yoga (Kappy)	6 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	7 6:45 Gentle Yoga (Kappy) 9:00 Zone Tone (Jessica) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Danielle) 5:30 Mat Pilates (Emily)	8 12:00 Yoga (Kappy)
9	10 6:45 Gentle Yoga (Kappy) 9:00 Barre (Danielle) 10:00-10:30 Stretch Express (Danielle) 10:30 iTone (Rissa) 1:30 Kids Yoga (Kappy) 5:00 Power Yoga (Kappy)	11 9:00 Spin 10:30 Fit For Life (Carol) 1:30 Kids Yoga (Kappy) 5:00 Zumba/strong nation (Ariagna) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	12 6:45 Gentle Yoga (Kappy) 9:30 Power Camp / Kettlebell (Carol) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 6:00 Power Yoga (Kappy)	13 8:00 Spin Express (Carol) 9:00 Body Pump Flex and Define (Carol) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	14 6:45 Gentle Yoga (Kappy) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 Mat Pilates (Emily)	15
16	17 6:45 Gentle Yoga (Kappy) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 5:00 Power Yoga (Kappy)	18 9:00 Spin 9:30 Strong Nation (Ariagna) 10:30 Fit For Life (Carol) 5:00 Zumba/strong nation (Ariagna) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	19 6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:00 Zumba (Ariagna) 6:00 Power Yoga (Kappy)	20 8:00 Spin Express (Carol) 9:00 Zumba (Ariagna) 9:00 Body Pump Flex and Define (Carol) 10:00 Strong Nation (Ariagna) 10:30 Fit for Life (Ariagna) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	21 6:45 Gentle Yoga (Kappy) 9:00 Zone Tone (Carol) 9:00 Aqua Zumba 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol)	22 9:00 Zumba (Ariagna) 12:00 Yoga (Kappy)
23/30	24/31 6:45 Gentle Yoga (Kappy) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 5:00 Power Yoga (Kappy)	25 9:00 Spin 9:30 Strong Nation (Ariagna) 10:30 Fit For Life (Carol) 5:00 Zumba/strong nation (Ariagna) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	26 6:45 Gentle Yoga (Kappy) 9:00 Power Camp / Kettlebell (Carol) 9:00 Zumba (Ariagna) 10:30 iTone (Rissa) 10:45 C. Silver Sneakers (Carol) 5:00 Zumba (Ariagna) 6:00 Power Yoga (Kappy)	27 8:00 Spin Express (Carol) 9:00 Zumba (Ariagna) 9:00 Body Pump Flex and Define (Carol) 10:00 Strong Nation (Ariagna) 10:30 Fit for Life (Carol) 5:30 Cardio Acceleration (Rissa) 6:00 Yoga (Kappy)	28 6:45 Gentle Yoga (Kappy) 9:00 Zone Tone (Carol) 9:00 Aqua Zumba 10:30 iTone (Rissa) 10:45 Silver Sneakers (Carol) 5:30 Mat Pilates (Emily)	29