

January Fitness Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-8am Vinyasa Yoga Jordan	New!	7-8am Vinyasa Yoga Jordan	New!		
Premier! 8:45-9:45am Strong & Limber Lorna		Premier! 8:45-9:45am Strong & Limber Lorna		8:45-9:45 ZUMBA gold Jordi	9-10am ZUMBA fitness Michaele
Premier! 10-11am Yoga for Stiff People Lorna	10-11:30am Gentle Flow Yoga Alecia	Premier! 10-11am Yoga for Stiff People Lorna	10-11:30am Gentle Flow Yoga Alecia	Premier! 10-11am Yoga for Stiff People Lorna	10-11am Inspired Yogalates Michaele
12:15-1pm ZUMBA fitness Michaele	12:15-1:15pm Cardio/Kettlebell Circuit Michaele	12:15-1pm PIYO Michaele	12:15-1:15pm Cardio/Kettlebell Circuit Michaele	12:15-1pm ZUMBA fitness Michaele	
	1:30-2:30pm Sole Steppin' Line Dance Class Dan				
Starting 1/23 5:30-6:30pm ZUMBA fitness Renee	5:30-6:30pm Tabata Sculpt 40-30-20 Michaele	5:30-6:30pm ZUMBA fitness Michaele	5:30-6:30pm Tabata Sculpt 40-30-20 Michaele		
6:30-7:30pm LES MILLS BODYCOMBAT Pablo	6:30-7:30pm ZUMBA fitness Astrid	6:30-7:30pm ZUMBA fitness Step Michaele	6:30-7:30pm ZUMBA fitness Astrid	6:30-7:30pm LES MILLS BODYCOMBAT Pablo	

*Premier classes now offered for additional fees. For more information request at the front counter.

*If you are injured, pregnant, or attending a class for the first time, please introduce yourself to the instructor and make them aware of your circumstances.