

# GROUP FITNESS/YOGA January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Happy New Year! <u>*NO classes today*</u>  Enjoy your holiday	2 5:15 BODYPUMP JK 9:10 Cardio BLAST TS 12:00 BODYPUMP TS 5:30 <b>SC BARRE</b> KP 6:35 BODY BLAST JM	3 8:30 YoFITga MM 9:40 BODYPUMP KM 10:50 Gentle Yoga KM 12:00 <b>SC BARRE</b> KP 5:15 YoFITga TA 6:15 BODYPUMP Angel <u>*7:30 ZUMBA Rob*</u>	4 5:15 BODYPUMP SL 9:10 Cardio BLAST TS 10:00 <b>Pilates</b> TS 12:00 BODYPUMP JK	5 8:25 YoFITga MM 9:35 BODYPUMP JK 10:45 ZUMBA Rob
6 1:30 ZUMBA Rob 3:00 YoFITga MM	7) 5:15 BODYPUMP Angel 9:10 Cardio BLAST Janine 10:00 <b>SC BARRE</b> KP 11:00 <b>Pilates</b> TS 12:00 BODYPUMP TS 4:30 STEP KP 5:30 <b>SC BARRE</b> KP 6:35 YoFITga MM	8 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga MM 12:00 <b>SC BARRE</b> KP 5:15 YoFITga TA 6:15 BODYPUMP TS	9 5:15 BODYPUMP JK 9:10 Cardio BLAST TS 12:00 BODYPUMP TS 5:30 <b>SC BARRE</b> CD 6:35 BODY BLAST JM	10 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga KM 12:00 <b>SC BARRE</b> KP 5:15 YoFITga MM 6:15 BODYPUMP JK <u>*7:30 ZUMBA Sarah*</u>	11 5:15 BODYPUMP SL 9:10 Cardio BLAST TS 10:00 <b>Pilates</b> TS 12:00 BODYPUMP JK	12 8:25 YoFITga TA 9:35 BODYPUMP JK 10:45 ZUMBA TONING Rob
13 1:30 ZUMBA Rob 3:00 YoFITga TA	14) 5:15 BODYPUMP Angel 9:10 Cardio BLAST MM 10:00 <b>SC BARRE</b> KL 11:00 <b>Pilates</b> TS 12:00 BODYPUMP TS 4:30 STEP KP 5:30 <b>SC BARRE</b> TA 6:35 YoFITga TA	15 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga MM 12:00 <b>SC BARRE</b> KP 5:15 YoFITga TA 6:15 BODYPUMP TS	16 5:15 BODYPUMP JK 9:10 Cardio BLAST TS 12:00 BODYPUMP TS 5:30 <b>SC BARRE</b> CD 6:35 BODY BLAST JM	17 8:30 YoFITga MM 9:40 BODYPUMP KM 10:50 Gentle Yoga KM 12:00 <b>SC BARRE</b> KP 5:15 YoFITga TA 6:15 BODYPUMP JK <u>*7:30 ZUMBA Sarah*</u>	18 5:15 BODYPUMP SL 9:10 Cardio BLAST Janine 10:00 <u>Stretch, Foam Roll &amp; Recovery</u> with JK 12:00 BODYPUMP JK	19 8:25 YoFITga TA 9:35 BODYPUMP TA 10:45 ZUMBA Laurie
20 1:30 ZUMBA Rob 3:00 YoFITga TA	21) 5:15 BODYPUMP Angel 9:10 Cardio BLAST MM 10:00 <b>SC BARRE</b> KP 11:00 <b>Pilates</b> TS 12:00 BODYPUMP TS 4:30 STEP KP 5:30 <b>SC BARRE</b> TA 6:35 YoFITga TA	22 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga MM 12:00 <b>SC BARRE</b> KP 5:15 YoFITga TA 6:15 BODYPUMP TS	23 5:15 BODYPUMP JK 9:10 Cardio BLAST TS 12:00 BODYPUMP TS 5:30 <b>SC BARRE</b> KP 6:35 BODY BLAST JM	24 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga KM 12:00 <b>SC BARRE</b> KP 5:15 YoFITga MM 6:15 BODYPUMP JK <u>*7:30 ZUMBA Sarah*</u>	25 5:15 BODYPUMP SL 9:10 Cardio BLAST Janine 10:00 <u>Stretch, Foam Roll &amp; Recovery</u> with JK 12:00 BODYPUMP JK	26 <b>**LAUNCHING</b> BODYPUMP 108 <b>**</b> <u>*NO 8:25 class today*</u> 9:35 *Launching BODYPUMP 108 with BP Instructor team <u>*11:00 ZUMBA Rob</u>
27 1:30 ZUMBA TONING Rob 3:00 YoFITga MM	28) 5:15 BODYPUMP Angel 9:10 Cardio BLAST MM 10:00 <b>SC BARRE</b> KL 11:00 <b>Pilates</b> TS 12:00 BODYPUMP TS 4:30 STEP KP 5:30 <b>SC BARRE</b> TA 6:35 YoFITga TA	29 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga MM 12:00 <b>SC BARRE</b> KP 5:15 YoFITga TA 6:15 BODYPUMP TS	30 5:15 BODYPUMP JK 9:10 Cardio BLAST TS 12:00 BODYPUMP TS 5:30 <b>SC BARRE</b> KP 6:35 BODY BLAST JM	31 8:30 YoFITga MM 9:40 BODYPUMP KM 10:50 Gentle Yoga KM 12:00 <b>SC BARRE</b> KP 5:15 YoFITga TA 6:15 BODYPUMP JK <u>*7:30 ZUMBA Rob*</u>	TA Tara Absher CD Cate Davis KL Kimberly Leatherman SL Stacey Lockman MM Mary Masius KM Kim McMurray JM Jamie Moon KP Katie Propst	TS Tamsey Smith Angel Angel Stoy JK J King RC Rob Cox LF Laurie Flora SA Sarah Avett JB Janine Bithell AB Aimee Burke