

Group Fitness January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	TA Tara Absher CD Cate Davis SL Stacey Lockman MM Mary Masius JM Jamie Moon KP Katie Propst TS Tamsey Smith Angel Angel Stoy Shanika Shanika McLemore	RC Rob Cox LF Laurie Flora SA Sarah Avett MH Madeleine Harris CC Cindy Carlton SC Sandra Cox KW Katie Williams KF Kelsey Floyd SI Summer Isenhour		1 Happy New Year!! <u>*NO Classes today*</u>	2 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT KW 10:15 BARRE SI 12:00 BODYPUMP CC	3 8:30 Yoga TA 9:45 BODYPUMP MH 11:00 ZUMBA Sandra
4 1:30 Zumba Rob	5 5:15 BODYPUMP Angel 700 BODYPUMP KF 9:15 HIIT JM 10:15 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	6 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	7 5:15 BODYPUMP Angel 7:00 BODYPUMP Angel 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	8 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Rob	9 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	10 8:30 Yoga TA *9:45 Launching BODYPUMP 134 with BP instructor team* 11:00 ZUMBA Sarah
11 1:30 Zumba Laurie	12 5:15 BODYPUMP Angel 700 BODYPUMP KF 9:15 HIIT JM 10:15 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	13 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	14 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates SI 5:15 BARRE CD 6:15 HIIT JM	15 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	16 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	17 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 ZUMBA Rob
18 1:30 Zumba Sarah	19 5:15 BODYPUMP Angel 700 BODYPUMP CC 9:15 HIIT JM 10:15 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	20 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sarah	21 5:15 BODYPUMP Angel 7:00 BODYPUMP Angel 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates KP 5:15 BARRE CD 6:15 HIIT JM	22 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Rob	23 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP Angel	24 8:30 Yoga TA 9:45 BODYPUMP Angel 11:00 ZUMBA Shanika
25 1:30 Zumba Laurie	26 5:15 BODYPUMP Angel 700 BODYPUMP KF 9:15 HIIT JM 10:15 Core Conditioning TS 12:00 BODYPUMP TS 5:15 BARRE SI 6:15 HIIT JM	27 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Pilates TS 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	28 5:15 BODYPUMP SL 7:00 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 BARRE SI 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	29 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 10:30 Booty Burn SI 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	30 5:15 BODYPUMP SL 7:00 BODYPUMP KW 9:15 HIIT LF 10:15 BARRE SI 12:00 BODYPUMP CC	31 8:30 Yoga TA 9:45 BODYPUMP KF 11:00 ZUMBA Sarah