

READY FOR A WORKOUT?



JOIN OUR PROGRAM!

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
INDOOR CYCLING Anita 5:30-6:15am	BODYPUMP Chris 5:15-6:15am	60-MINUTE CYCLING Dawn 5:30-6:30am	BODYPUMP Tom 5:15-6:15am	CXWorx Jen 5:15-5:45am BEGINS 1/13	+INDOOR CYCLING 7:30-8:15am	
	YOGA Betsy 7:15-8:15am	INTRO TAI CHI Betsy 7:00-7:50am	YOGA Betsy 7:15-8:15am	INDOOR CYCLING Jen 5:55-6:30am	++BODYPUMP 7:30-8:30am	
BODYPUMP Lisa 8:45-9:45am	CXWorx Jen 8:25-8:55am BEGINS 1/10	SHAPE W/ STRENGTH Karen 8:45-9:45am	CXWorx Lisa 8:25-8:55am BEGINS 1/12	BODYPUMP Tom/Jen 8:45-9:45am	ZUMBA Amy & Larry 8:30-9:30am	CXWorx Tina 4:00-4:30pm BEGINS 1/15
ZUMBA GOLD Karen 10:00-10:45am	ZUMBA Amy & Larry 9:00-10:00am	BEGINNER YOGA Betsy 10:05-10:55am	ZUMBA Amy & Larry 9:00-10:00am	ZUMBA Amy & Larry 10:00-10:55am		Indoor Cycling Tina 4:40-5:25pm
SENIOR CARDIO Katie 11:00-12:00	YOGA Betsy 10:00-11:00am	SENIOR CARDIO Betsy 11:00-12:00	YOGA Betsy 10:00-11:00am	ZUMBA GOLD Karen 11:00-11:45am		
BODYPUMP EXPRESS Jen 4:30-5:00pm	**TAI CHI FOR ARTHRITIS Betsy/Sue 11:00-12:00	BODYPUMP Tina 4:30-5:30pm	YOGA Marcy 4:15-5:15pm			*Extra fee **Must take intro class before attending
CXWorx Jen 5:05-5:35pm BEGINS 1/9	YOGA Marcy 4:15-5:15pm	INDOOR CYCLING Tina 5:35-6:20pm	BODYPUMP Lisa/Jen/Kristina/Tom 5:30-6:30pm	BODYPUMP Tom 4:30-5:30pm		+Offered every week! Will be held in PT on the following dates: 1/14, 1/28, 2/11, 2/25, 3/10 & 3/24
3-2-1 Melissa 5:40-6:25pm	BODYPUMP Kristina 5:30-6:30pm	POWER KICKBOX CIRCUIT Karen 6:30-7:30pm	CXWorx Laura 6:35-7:05pm BEGINS 1/12			++Class offered every other week on the following dates: 1/14, 1/28, 2/11, 2/25, 3/10 & 3/24
INDOOR CYCLING Marilyn 6:35-7:20pm	CXWorx Shannon 6:35-7:05pm BEGINS 1/10		ZUMBA Amy & Larry 7:30-8:30pm		SCHEDULE EFFECTIVE January-March	
YOGA Chris 7:30-8:30pm	*JUI JITSU Logan 7:30pm					
	*COMPETITION JUI JITSU (Invite Only) 8:30pm					