



# January 11<sup>th</sup> - February 28<sup>th</sup>

## SCHEDULE

*Class*

Purple: Community Room

Red: Spin Room

Blue: Pool Room

Green : Weight Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	<p>6am Spin w/ Lisa S</p> <p>8 am Yoga w/ Erin</p> <p>9am Zumba GOLD w/ Becky</p> <p>10am Functional Fitness w/ Cathy</p>	<p>8am ZUMBA w/ Emily/Becky</p> <p>9:30 - 10:30 Weight Room 101 w/ Kolton &amp; Ian</p>	<p>6am Spin w/ Tim</p> <p>8am Yoga w/ Erin</p> <p>9am Take a Walk w/ Becky</p> <p>10am Functional Fitness w/ Lisa</p>	<p>6am Spin w/ Lisa S</p> <p>8am ZUMBA w/ Emily/Becky</p> <p>9am Pilates w/ Elaine</p> <p>9:30 - 10:30 Weight Room 101 w/ Kolton &amp; Ian</p>	<p>6am Spin w/ Michelle / Paul</p> <p>8am Pilates w/ Elaine</p> <p>10am Functional Fitness w/ Lisa D Jan 9<sup>th</sup> &amp; Jan 16th</p>	<p>8am Spin w/ Rotating Instructors</p>	
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PM	<p>5:30pm Boot camp w/ Angie</p> <p>6:30 Spin with Tim Ward</p>	<p>5:45 Mat Pilates w/ Jacey</p>	<p>5:30pm AquaFit with Angie</p> <p>6:30pm Spin w/ Lisa Downs</p>	<p>5:45 Hot Sculpt Pilates w/ Jacey</p>			