



Group Fitness Schedule

Included In Membership

	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM		Core de Force/Piyo Mash up		Insanity P90X Mashup			
6:00 AM	Spin Class	*Spin Class		*Spin Class	Spin Class		
8:00 AM		Mindful Moving		Mindful Moving			
9:00 AM	Sweat & Sculpt	Yogalates	Sweat & Sculpt	Yogalates	Sweat & Sculpt	Insanity P90X Mashup	Spin Class
9:15 AM			TRX		TRX		
10:00 AM	Strong by Zumba				Zumba	All-Ages Karate	*Core de Force/Piyo Mash up
3:00 PM	C4K Karate <small>(Resumes 1/14/19)</small>						
4:30 PM	Pilates		Pilates				Restorative Yoga
5:30 PM	Boot Camp	Strong by Zumba	Boot Camp	Strong by Zumba	Boot Camp		Meditation <small>5:30pm - 6:00pm</small>
6:30 PM	Yoga	Spin Class	Yoga	Spin Class			

*Club 4 Kidz Room

Performance Training**

**PERFORMANCE TRAINING - \$12/Class Drop in or \$10/Class Month Pre-Pay

	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 AM		Baby Wearing Fitness		Baby Wearing Fitness		Youth Boxing	
5:30 PM	Barbell Club	Boxing	Barbell Club	Boxing			