

Group Fitness Schedule
January 2021

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Director I

17 SUN	18 MON	19 TUE	20 WED	21 THU	22 FRI	23 SAT
POP Pilates 2:00 PM Alana F. Restorative Yoga 3:00 PM Holly O.	Power C.S.I. 5:15 AM Jen S. Tabata 9:15 AM Lindsey S. Yoga 12:00 PM Jessie K. Water Fit Combo 4:30 PM Lyn S. Zumba® 5:30 PM Jodi W. Strength Training 6:30 PM Brenda I. Group Cycling 6:30 PM Kim B.	Group Cycling 5:15 AM Betsy A. Water Fit Combo 11:00 AM Fit For Life Strength 12:00 PM Vanessa R. Boot Camp 5:30 PM Kendra M. Group Cycling 5:30 PM Gayle R.	Strength Training 5:15 AM Betsy A. Power C.S.I. 9:15 AM Kelly R. Yoga 9:15 AM Vanessa W. Enhance Fitness 11:00 AM Kelsey F. Group Cycling 12:00 PM Tallie G. Kickboxing 12:00 PM Vanessa R. Water Fit Combo 4:30 PM Lyn S. MixedFit® 5:30 PM Becca O. Yoga 5:30 PM Andi C.	Water Fit Combo 5:15 AM Kellee V. Cycling Fusion® 9:15 AM Betsy A. Tallie . Tabata 9:15 AM Kelly R. Water Fit Combo 11:00 AM Trish H. Fit For Life Chair Stretch/Yoga 12:00 PM Jessie K. Zumba® 5:30 PM Charla E. Yoga 5:30 PM Holly O.	Boot Camp 5:15 AM Brenda I. Group Cycling 12:00 PM Tallie G. Yoga 12:00 PM Vanessa W. Kickboxing 4:30 PM Kellee V. Aqua Zumba® 5:30 PM Rachel H.	Group Cycling 7:30 AM Shari R. Yoga 9:15 AM Andi C. Boot Camp 9:15 AM Jennifer B. Zumba® 10:30 AM Greta G.