

Group Fitness Schedule
January 2021

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Director |

31 SUN	1 MON	2 TUE	3 WED	4 THU	5 FRI	6 SAT
MixedFit® 1:00 PM Abby E. Sydney H. Becca .	Water Fit Combo 5:30 AM Kat K.	Group Cycling 5:30 AM Aaron R.	Water Fit Combo 8:15 AM Linda L.	Cycling Fusion® 5:30 AM Jared M.	Tabata 5:30 AM Jenny M.	Tabata 9:00 AM Lyndsey B.
Water Fit Combo 3:30 PM Amanda M.	Water Fit Combo 8:15 AM Michelle K.	Power C.S.I. 12:00 PM Sara D.	Cardio Blast 9:00 AM Renee B.	Strength Training 9:15 AM Jessica Y.	Water Fit Combo 5:30 AM Jodi C.	
	Step 9:00 AM Renee B.	Fit For Life H2O 1:00 PM Sheila B.	Enhance Fitness 10:30 AM Cynthia N.	Power C.S.I. 12:00 PM Casey C.	Aqua Arthritis 11:00 AM Linda L.	
	Group Cycling 5:30 PM Bev H.	Power C.S.I. 5:30 PM Samantha B.	Tabata 4:35 PM Jenny M.	Fit For Life H2O 1:00 PM Sheila B.	Fit For Life H2O 1:00 PM Linda L.	
	Strength Training 6:30 PM Jolene M.		Group Cycling 5:30 PM Gary B.	Pound® 4:35 PM Lorraine B.	Yoga 5:30 PM Heather N.	
			Water Fit Combo 5:30 PM Rolleyne G.	Zumba® 5:30 PM Lyndsay F.		
				Yoga 6:30 PM Michelle D.		