

# JANUARY PM FITNESS SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>* Classes held in Cycle Studio Classes in <b>bold on schedule</b> are fee based programs -Classes in the <b>GYM</b> will be posted after class time</p>	<p><b>2</b> *All Level Yoga w/Mark 5:00 AB-SOLUTION w/Mike from ABS 6:00 Zumba w/Jewel 6:30</p>	<p><b>3</b> Yogaerobics w/Audra 5:30-7:00 Winter Conditioning w/Ted 6-7 (GYM) Zumba w/Jane 6:30-7:30 *Family World Dance Beatz w/Ayla 7:00</p>	<p><b>4</b> <b>NO Tone &amp; Sculpt w/ Mackenzie</b> Zumba w/Jane 6-7 *Pilates w/Audra 6:05 *Line Dance Aerobics w/ Marissa 7:00</p>	<p><b>5</b> *Yogaerobics w/Audra 5:30-7:00 Triple Threat w/Becky 5:45 Winter Conditioning w/Ted 6-7 (GYM) Zumba w/Jewel 6:30</p>	<p><b>6</b> Belly Dance w/Marissa 5:30-6:30 *All Level Yoga w/Mark 5:30-6:30</p>	<p><b>7</b></p>
<p><b>8</b> Pilates w/Susan 1:30-2:30  Family Zumba w/Bridget 2:30-3:30</p>	<p><b>9</b> *All Level Yoga w/Mark 5:00 AB-SOLUTION w/Mike from ABS 6:00 Zumba w/Jewel 6:30</p>	<p><b>10</b> Yogaerobics w/Audra 5:30-7:00 Winter Conditioning w/Ted 6-7 (GYM) <b>NO Zumba w/Jane</b> *Family World Dance Beatz w/Ayla 7:00</p>	<p><b>11</b> Tone &amp; Sculpt w/ Mackenzie 5:30 Zumba w/Bridget 6-7 *Pilates w/Mackenzie 6:05 *Line Dance Aerobics w/ Marissa 7:00</p>	<p><b>12</b> *Yogaerobics w/Audra 5:30-7:00 Triple Threat w/Becky 5:45 Winter Conditioning w/Ted 6-7 (GYM) Zumba w/Jewel 6:30</p>	<p><b>13</b> Belly Dance w/Marissa 5:30-6:30 *All Level Yoga w/Mark 5:30-6:30</p>	<p><b>14</b></p>
<p><b>15</b> Pilates w/Susan 1:30-2:30  Family Zumba w/Bridget 2:30-3:30</p>	<p><b>16</b> *All Level Yoga w/Mark 5:00 AB-SOLUTION w/Mike from ABS 6:00 Zumba w/Jewel 6:30</p>	<p><b>17</b> Yogaerobics w/Audra 5:30-7:00 Winter Conditioning w/Ted 6-7 (GYM) Zumba w/Jane 6:30-7:30 *Family World Dance Beatz w/Ayla 7:00</p>	<p><b>18</b> Tone &amp; Sculpt w/ Mackenzie 5:30 Zumba w/ Jane 6-7 *Pilates w/Mackenzie 6:05 *Line Dance Aerobics w/ Marissa 7:00</p>	<p><b>19</b> *Yogaerobics w/Audra 5:30-7:00 Triple Threat w/Becky 5:45 Winter Conditioning w/Ted 6-7 (GYM) Zumba w/Jewel 6:30</p>	<p><b>20</b> Belly Dance w/Marissa 5:30-6:30 *All Level Yoga w/Mark 5:30-6:30</p>	<p><b>21</b></p>
<p><b>22</b> Pilates w/Susan 1:30-2:30  Family Zumba w/Bridget 2:30-3:30</p>	<p><b>23</b> *All Level Yoga w/Mark 5:00 AB-SOLUTION w/Mike from ABS 6:00 Zumba w/Jewel 6:30</p>	<p><b>24</b> Yogaerobics w/Audra 5:30-7:00 Winter Conditioning w/Ted 6-7 (GYM) Zumba w/Jane 6:30-7:30 *Family World Dance Beatz w/Ayla 7:00</p>	<p><b>25</b> Tone &amp; Sculpt w/Mike 5:30 Zumba w/Bridget 6-7 *Pilates w/Mackenzie 6:05 *Line Dance Aerobics w/ Marissa 7:00</p>	<p><b>26</b> *Yogaerobics w/Audra 5:30-7:00 Triple Threat w/Becky 5:45 Winter Conditioning w/Ted 6-7 (GYM) Zumba w/Jewel 6:30</p>	<p><b>27</b> Belly Dance w/Marissa 5:30-6:30 *All Level Yoga w/Mark 5:30-6:30</p>	<p><b>28</b></p>
<p><b>29</b> Pilates w/Susan 1:30-2:30 Family Zumba w/Bridget 2:30-3:30 Hoop Jam w/Ayla 3:30-5:00</p>	<p><b>30</b> *All Level Yoga w/Mark 5:00 AB-SOLUTION w/Mike from ABS 6:00 Zumba w/Jane 6:30</p>	<p><b>31</b> Yogaerobics w/Audra 5:30-7:00 Winter Conditioning w/Ted 6-7 (GYM) Zumba w/Jane 6:30-7:30 *Family World Dance Beatz w/Ayla 7:00</p>				

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