

JANUARY AM FITNESS SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*Classes held in Cycle Studio</p> <p>Classes in bold on schedule are fee based programs</p> <p>-Classes in the GYM will be posted after class time</p>	<p>2</p> <p>NO X-Bike w/Rob</p> <p>*All Level Yoga w/Audra 10:00-11:00</p> <p>Zumba Gold w/Yvonne 10:00-11:00</p>	<p>3</p> <p>aeroPUMP w/Nancy 6:30-7:30</p> <p>NO X-Bike w/Cathy</p> <p>*Beg Yoga w/Mark 10:30</p> <p>BSculpt w/Liz 12-1</p>	<p>4 Zumba w/Jewel 6-7</p> <p>*X-Bike w/Rob 6-7</p> <p>AB-SOLUTION w/Mike from ABS 9:00-9:30 (FC)</p> <p>Zumba Gold w/Yvonne 9:00-10:00</p> <p>*All Level Yoga w/Audra 10:00-11:00</p>	<p>5 Intervals w/ Nancy 6:30-7:30</p> <p>Tai Chi w/James 9-10</p> <p>Line Dancing w/Marissa 10-11</p> <p>*Beg Yoga w/Mark 10:30</p> <p>BSculpt w/Liz 12-1</p>	<p>6 Cardio Combat w/ Nancy 6-7</p> <p>X-Bike w/Cathy 8:00</p> <p>*All Level Yoga w/Audra 10:00-11:00</p> <p>Zumba Gold w/ Yvonne 10-11</p>	<p>7</p> <p>Zumba w/Jane 10-11</p> <p>*Beg/Int Yoga w/Susan 10:00</p> <p>Pilates w/Susan 11-12</p> <p>Belly Dance w/Marissa 12-1</p>
<p>8 FC=Fitness Center</p>	<p>9</p> <p>X-Bike w/Rob 6-7</p> <p>Zumba w/Jane 8-9</p> <p>*All Level Yoga w/Audra 10:00-11:00</p>	<p>10</p> <p>aeroPUMP w/Nancy 6:30-7:30</p> <p>X-Bike w/Cathy 8:45</p> <p>*Beg Yoga w/Mark 10:30</p> <p>BSculpt w/Liz 12-1</p>	<p>11 Zumba w/Jewel 6-7</p> <p>*X-Bike w/Rob 6-7</p> <p>AB-SOLUTION w/Mike from ABS 9:00-9:30 (FC)</p> <p>Zumba Gold w/Yvonne 9:00-10:00</p> <p>*All Level Yoga w/Audra 10:00-11:00</p>	<p>12 Intervals w/ Nancy 6:30-7:30</p> <p>Tai Chi w/James 9-10</p> <p>Line Dancing w/Marissa 10-11</p> <p>*Beg Yoga w/Mark 10:30</p> <p>BSculpt w/Liz 12-1</p>	<p>13</p> <p>Cardio Combat w/Nancy 6-7</p> <p>X-Bike w/Cathy 8:00</p> <p>*All Level Yoga w/Audra 10:00-11:00</p> <p>Zumba Gold w/ Yvonne 10-11</p>	<p>14</p> <p>Zumba w/Jane 10-11</p> <p>*Beg/Int Yoga w/Susan 10:00</p> <p>Pilates w/Susan 11-12</p> <p>Belly Dance w/Marissa 12-1</p>
<p>15</p>	<p>16</p> <p>NO X-Bike w/Rob</p> <p>*All Level Yoga w/Audra 10:00-11:00</p> <p>Zumba Gold w/Yvonne 10:00-11:00</p>	<p>17</p> <p>aeroPUMP w/Nancy 6:30-7:30</p> <p>NO X-Bike w/Cathy</p> <p>*Beg Yoga w/Mark 10:30</p> <p>BSculpt w/Liz 12-1</p>	<p>18 Zumba w/Jewel 6-7</p> <p>NO X-Bike w/Rob</p> <p>AB-SOLUTION w/Mike from ABS 9:00-9:30 (FC)</p> <p>Zumba Gold w/Yvonne 9:00-10:00</p> <p>*All Level Yoga w/Audra 10:00-11:00</p>	<p>19 Intervals w/Nancy 6:30-7:30</p> <p>Tai Chi w/James 9-10</p> <p>Line Dancing w/Marissa 10-11</p> <p>*Beg Yoga w/Mark 10:30</p> <p>BSculpt w/Liz 12-1</p>	<p>20</p> <p>Cardio Combat w/Nancy 6-7</p> <p>X-Bike w/Cathy 8:00</p> <p>*All Level Yoga w/Audra 10:00-11:00</p> <p>Zumba Gold w/ Yvonne 10-11</p>	<p>21</p> <p>Zumba w/Jane 10-11</p> <p>*Beg/Int Yoga w/Susan 10:00</p> <p>Pilates w/Susan 11-12</p> <p>Belly Dance w/Marissa 12-1</p>
<p>22</p>	<p>23</p> <p>X-Bike w/Rob 6-7</p> <p>Zumba w/Jane 8-9</p> <p>*All Level Yoga w/Audra 10:00-11:00</p>	<p>24</p> <p>NO aeroPUMP w/ Nancy</p> <p>X-Bike w/Cathy 8:45</p> <p>*Beg Yoga w/Mark 10:30</p> <p>BSculpt w/Liz 12-1</p>	<p>25 Zumba w/Jewel 6-7</p> <p>*X-Bike w/Rob 6-7</p> <p>AB-SOLUTION w/Mike from ABS 9:00-9:30 (FC)</p> <p>Zumba Gold w/Yvonne 9:00-10:00</p> <p>*All Level Yoga w/Audra 10:00-11:00</p>	<p>26 NO Intervals w/ Nancy</p> <p>Tai Chi w/James 9-10</p> <p>Line Dancing w/Marissa 10-11</p> <p>*Beg Yoga w/Mark 10:30</p> <p>BSculpt w/Liz 12-1</p>	<p>27 NO Cardio Combat w/Nancy</p> <p>X-Bike w/Cathy 8:00</p> <p>*All Level Yoga w/Audra 10:00-11:00</p> <p>Zumba Gold w/ Yvonne 10-11</p>	<p>28</p> <p>Zumba w/Jane 10-11</p> <p>*Beg/Int Yoga w/Mackenzie 10:00</p> <p>Pilates w/Mackenzie 11-12</p> <p>Belly Dance w/Marissa 12-1</p>
<p>29</p>	<p>30</p> <p>X-Bike w/Rob 6-7</p> <p>Zumba w/Jane 8-9</p> <p>*All Level Yoga w/Audra 10:00-11:00</p>	<p>31</p> <p>aeroPUMP w/Nancy 6:30-7:30</p> <p>X-Bike w/Cathy 8:45</p> <p>*Beg Yoga w/Mark 10:30</p> <p>BSculpt w/Liz 12-1</p>				

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