

JANUARY

GROUP EXERCISE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 HAPPY NEW YEAR!	2 9-Cardio/Strength/ Intervals– Lisa 4:30-Pilates Fusion- Stephanie 5:45-CT/Abs– Candice	3 9-Mat Pilates– Jamie 10:15-20/20/20– Jennifer 6:30-Kick Azz– Krista	4 9-Jamz– Serena 10:15-Kick Azz– Jennifer 5:45-Yoga– Geri	5 9-ST/CT– Traci 10:15-Pilates/Barre– Valerie	6 8:30-Tabata– Candice
7 9:15-20/20/20– Nell 10:30-Yoga– Diane	8 9-BOSU/CT– Valerie 10:15-BS/Abs– Dee 4:45-CT/Abs– Candice 5:45-Yoga– Geri 6:50-Jamz– Karen	9 9-Cardio/Strength/ Intervals– Jennifer 4:30-PIYO– Stephanie 5:45-CT/Abs– Kelly S	10 9-Mat Pilates– Jamie 10:15-Tabata– Dan 6:30-Kick Azz– Krista	11 9-Jamz– Serena 10:15-Kick Azz– Julie 5:45-Yoga– Diane	12 9-20/20/20– Molly 10:15-BS/Barre– Terry	13 8:30-ST/CT– Traci
14 9:15-Tabata– Candice 10:30-Yoga– Lynn	15 9-ST/CT– Terry 10:15-BS/Abs– Dee 4:45-ST/CT– Traci 5:45-Yoga– Geri 6:50-Jamz– Candice	16 9-Cardio/Strength/ Intervals– Dan 4:30-Pilates Fusion– Stephanie 5:45-CT/Abs– Kelly S	17 9-Mat Pilates– Jamie 10:15-Tabata– Jennifer 6:30-Kick Azz– Krista	18 9-Jamz– Serena 10:15-Kick Azz– Jennifer 5:45-Yoga– Diane	19 9-20/20/20– Molly 10:15-Pilates/Barre– Valerie	20 8:30-Cardio/ Strength/ Intervals- Dan
21 9:15–Jamz– Karen 10:30-Yoga– Diane	22 9-20/20/20– Terry 10:15-BS/Abs– Valerie 4:45-Tabata– Candice 5:45-Yoga– Geri 6:50-Jamz– Karen	23 9-Cardio/Strength/ Intervals– Valerie 4:30-Pilates Fusion- Stephanie 5:45-CT/Abs– Kelly S	24 9-Mat Pilates– Jamie 10:15-Tabata– Dan 6:30-Kick Azz– Krista	25 9-Jamz– Serena 10:15-Kick Azz– Lisa 5:45-Yoga– Geri	26 9-ST/CT– Jennifer 10:15-Pilates/Barre– Valerie	27 8:30-20/20/20– Marcella
28 9:15-Tabata– Candice 10:30-Yoga– Erin	29 9-ST/CT– Traci 10:15-BS/Abs– Terry 4:45-Tabata– Candice 5:45-Yoga– Geri 6:50-Jamz– Karen	30 9-Cardio/Strength/ Intervals– Lisa 4:30-Pilates Fusion- Stephanie 5:45-CT/Abs– Kelly S	31 9-Mat Pilates– Jamie 10:15-BOSU/CT– Valerie			