

January 2018 Group Exercise Schedule



Room "A"

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 am		FLEX-N-TONE	CIRCUIT STRENGTH	FLEX-N-TONE	
6:30 am					
7:00 am		YOGA*			YOGA*
8:30 am	INSTRUCTOR'S CHOICE	F.I.T.	CIRCUIT STEP	F.I.T.	ZUMBA
9:30 am	LOW IMPACT		LOW IMPACT		LOW IMPACT
10:30 am	SENIOR FITNESS	OSTEO-PILATES*	THINK FIT	PILATES MAT*	SENIOR FITNESS
11:30 am		BEGINNING LINE DANCING		BEGINNING LINE DANCING	
12:00 pm	BEGINNING YOGA*	INT/ADV LINE DANCING	STEADY STEPS	INT/ADV LINE DANCING	YOGA*
2:00 pm	HEALTHY HEART		HEALTHY HEART		HEALTHY HEART
4:30 pm	20/20	TLC KIDZ KLUB	20/20	TLC KIDZ KLUB	
5:30 pm	ZUMBA	R.I.P.	BODY FIT	R.I.P.	ZUMBA
6:30 pm	YOGA*		YOGA*		
7:30 pm		FUNCTIONAL FUSION		FUNCTIONAL FUSION	

Room "A"

Time	Saturday
7:30 am	FLEX-N-TONE
8:30 am	ZUMBA
9:30 am	PIYO
11:30 am	JUNIOR JIU-JITSU
12:30 pm	ADULT JIU-JITSU

New Body Fit Class

January 10th – February 14th (6 Week Class)
 Wednesdays at 5:30 pm
 Aerobic Room A

Body Fit Orientation:

Wednesday, January 3rd

5:30 pm – 6:30 pm in Aerobic Room A

Fire up your metabolism and maximize your calorie burn with this fun workout! This total body class offers aerobic conditioning, strength training, plyometrics, balance and core conditioning. A variety of training styles and equipment will be used to ensure you get a great workout.

Room "B"

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 am	SPINNING		SPINNING		SPIN CIRCUIT
6:30 am	LEAN Rx - \$\$	LEAN Rx - \$\$	LEAN Rx - \$\$	LEAN Rx - \$\$	
7:30 am					
9:30 am					SPIN CIRCUIT
10:30 am	BREATHING EASY		BREATHING EASY		BREATHING EASY
11:00 am		SIT-N-BE FIT		SIT-N-BE FIT	
12:00 pm		12:15 SPINNING		12:15 SPIN CIRCUIT	
4:30 pm	SPIN CIRCUIT	SPINNING	SPIN CIRCUIT	SPINNING	
5:30 pm	FLEX-N-TONE	PIYO	ZUMBA	KIDS KARATE / JIU-JITSU	
6:30 pm	SPINNING	BEGINNING KARATE	SPINNING	BEGINNING KARATE	
7:30 pm	TAI CHI	ADVANCED KARATE		ADVANCED KARATE	

Room "B"

Time	Saturday
8:30 am	SPINNING

Time	Sunday
2:00 pm	SPINNING

* FOR YOUR SAFETY, YOU WILL NOT BE PERMITTED TO PARTICIPATE IN YOGA OR PILATES IF YOU ARE MORE THAN 5 MINUTES LATE TO CLASS.