



January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
200 BODYPUMP KAREN/ABBIE HAPPY NEW YEAR!! 2023	500 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY 920 BODYPUMP ASHLEY/ JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 LOW IMPACT CARDIO KIM 1130 SILVER SNEAKERS DAVID 1200 RPM (30 min) AMANDA 430 BODYPUMP ASHLEY/YATES 535 POUND TRACY	515 RPM CAROLINA 815 BODYPUMP AMANDA 920 MAX TONING ZUMBA TRACY 920 RPM ANN 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP KAREN 100 SILVER SNEAKERS TRACY 430 CARDIO HIP HOP SCARLETT 535 BODYPUMP CHARLIE 640 POWER YOGA HANNAH	500 BODYPUMP CAROLINA 815 BODYATTACK ABBIE/KAREN 920 BODYPUMP ASHLEY/ JULIE 1030 YOGA GOLD BRENDA 1200 CYCLE (30 min) JORDAN 430 BODYPUMP CHARLIE 535 CLUB ZUMBA TRACY	515 RPM CAROLINA 815 BODYPUMP KAREN/ABBIE 920 BODYATTACK EXPRESS KAREN 920 CYCLE CHALLENGE JULIE 950 YOGA (30 MIN) BRENDA 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP CHARLIE 100 SILVER SNEAKERS ANGIE 430 HIIT 2 FIT ASHLEY 535 MAX TONING ZUMBA TRACY	500 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY/KAREN 920 BODYPUMP ASHLEY/ANGIE 920 YOGA (UPSTAIRS) BRENDA 1030 SILVER SNEAKERS STABILITY BRENDA 1130 SILVER SNEAKERS DAVID 1200 RPM ANN 530 POWER YOGA HANNAH	815 BODYATTACK ABBIE 920 BODYPUMP CHARLIE 1030 ZUMBA (TRAINING) NO CLASS CHARLIE 1030 RPM CHARLIE
8	9	10	11	12	13	14
200 BODYPUMP YATES 300 BODYCOMBAT ASHLEY 400 YOGA JANE 530 POWER YOGA HANNAH	500 BODYPUMP CHARLIE 815 BODYCOMBAT ASHLEY 920 BODYPUMP ASHLEY/ JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 LOW IMPACT CARDIO KIM 1130 SILVER SNEAKERS DAVID 1200 RPM (30 min) AMANDA 430 BODYPUMP ASHLEY 535 POUND TRACY	515 RPM SHENISE 815 BODYPUMP AMANDA 920 MAX TONING ZUMBA TRACY 920 RPM ANN/JAQUELYN 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP KAREN 100 SILVER SNEAKERS TRACY 430 CARDIO HIP HOP SCARLETT 535 BODYPUMP CHARLIE 640 POWER YOGA HANNAH	500 BODYPUMP CAROLINA 815 BODYATTACK ABBIE/ANGIE 920 BODYPUMP ASHLEY/ JULIE 1030 YOGA GOLD BRENDA 1200 CYCLE (30 min) JORDAN 430 BODYPUMP CHARLIE/YATES 535 CLUB ZUMBA TRACY	515 RPM CAROLINA 815 BODYPUMP KAREN/ABBIE 920 BODYATTACK EXPRESS KAREN 920 CYCLE CHALLENGE JULIE 950 YOGA (30 MIN) BRENDA 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP CHARLIE 100 SILVER SNEAKERS ANGIE 430 HIIT 2 FIT ASHLEY 535 MAX TONING ZUMBA TRACY	500 BODYPUMP CHARLIE 815 BODYCOMBAT ASHLEY/KAREN 920 BODYPUMP ASHLEY/ANGIE 920 YOGA (UPSTAIRS) BRENDA 1030 SILVER SNEAKERS STABILITY BRENDA 1130 SILVER SNEAKERS DAVID 1200 RPM ANN 530 POWER YOGA HANNAH	815 BODYCOMBAT TRACY/KAREN 920 BODYPUMP KAREN 1030 ZUMBA KICK TRACY 1030 RPM HILLARY
15	16	17	18	19	20	21
200 BODYPUMP CHARLIE 300 BODYATTACK ABBIE 400 YOGA JANE 530 POWER YOGA HANNAH	500 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY 920 BODYPUMP ASHLEY/ JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 LOW IMPACT CARDIO KIM 1130 SILVER SNEAKERS DAVID 1200 SPRINT (30 min) AMANDA 430 BODYPUMP ASHLEY/LEXI 535 POUND TRACY	515 RPM CAROLINA 815 BODYPUMP AMANDA 920 MAX TONING ZUMBA TRACY 920 RPM ANN/JAQUELYN 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP KAREN/YATES 100 SILVER SNEAKERS TRACY 430 CARDIO HIP HOP SCARLETT 535 BODYPUMP LEXI 640 POWER YOGA HANNAH	500 BODYPUMP CAROLINA 815 BODYATTACK ABBIE/KAREN 920 BODYPUMP ASHLEY/ JULIE 1030 YOGA GOLD BRENDA 1200 SPRINT (30 min) JORDAN 430 BODYPUMP AMANDA 535 CLUB ZUMBA TRACY	515 RPM CAROLINA 815 BODYPUMP ABBIE 920 BODYATTACK EXPRESS ABBIE 920 CYCLE CHALLENGE JULIE 950 YOGA (30 MIN) BRENDA 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP ANGIE 100 SILVER SNEAKERS ANGIE 430 HIIT 2 FIT ASHLEY 535 MAX TONING ZUMBA TRACY	500 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY/KAREN 920 BODYPUMP ASHLEY/ANGIE 920 YOGA (UPSTAIRS) BRENDA 1030 SILVER SNEAKERS STABILITY BRENDA 1130 SILVER SNEAKERS DAVID 1200 RPM ANN 530 POWER YOGA HANNAH	815 BODYATTACK KAREN 920 BODYPUMP AMANDA 1030 CARDIO HIP HOP STEPHANIE 1030 SPRINT JORDAN
22	23	24	25	26	27	28
200 BODYPUMP CHARLIE 300 BODYCOMBAT TRACY/KAREN 400 YOGA NO CLASS 530 POWER YOGA HANNAH	500 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY 920 BODYPUMP ASHLEY/ JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 LOW IMPACT CARDIO KIM 1130 SILVER SNEAKERS DAVID 1200 SPRINT (30 min) AMANDA 430 BODYPUMP ASHLEY/LEXI 535 POUND TRACY	515 RPM CAROLINA 815 BODYPUMP AMANDA 920 MAX TONING ZUMBA TRACY 920 RPM ANN/JAQUELYN 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP KAREN 100 SILVER SNEAKERS TRACY 430 CARDIO HIP HOP SCARLETT 535 BODYPUMP CHARLIE 640 POWER YOGA HANNAH	500 BODYPUMP CAROLINA 815 BODYATTACK ABBIE/ANGIE 920 BODYPUMP ASHLEY/ JULIE 1030 YOGA GOLD BRENDA 1200 SPRINT (30 min) JORDAN 430 BODYPUMP CHARLIE/YATES 535 CLUB ZUMBA TRACY	515 RPM CAROLINA 815 BODYPUMP KAREN/ABBIE 920 BODYATTACK EXPRESS KAREN 920 CYCLE CHALLENGE JULIE 950 YOGA (30 MIN) BRENDA 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP CHARLIE 100 SILVER SNEAKERS ANGIE 430 HIIT 2 FIT LEXI 535 MAX TONING ZUMBA TRACY	500 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY/KAREN 920 BODYPUMP ASHLEY/ANGIE 920 YOGA (UPSTAIRS) BRENDA 1030 BALANCE & STABILITY BRENDA 1130 SILVER SNEAKERS DAVID 1200 RPM ANN 530 POWER YOGA HANNAH	815 BODYCOMBAT TRACY/KAREN 920 BODYPUMP KAREN/YATES 1030 CARDIO HIP HOP SCARLETT 1030 RPM HILLARY
29	30	31	Check out our New Weekend Lineup!!			
200 BODYPUMP ABBIE 300 BODYATTACK KAREN 400 YOGA BRENDA 530 POWER YOGA HANNAH	500 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY 920 BODYPUMP ASHLEY/ JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 LOW IMPACT CARDIO KIM 1130 SILVER SNEAKERS DAVID 1200 SPRINT (30 min) AMANDA 430 BODYPUMP ASHLEY/LEXI 535 POUND TRACY	515 RPM CAROLINA 815 BODYPUMP AMANDA 920 MAX TONING ZUMBA TRACY 920 RPM ANN/JAQUELYN 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP KAREN/YATES 100 SILVER SNEAKERS TRACY 430 CARDIO HIP HOP TRACY 535 BODYPUMP CHARLIE 640 POWER YOGA HANNAH				