

JANUARY 2025 GROUP EXERCISE SCHEDULE



MON	TUES	WED	THURS	FRI	SAT	SUN
YOGA Jess 8:15am	CYCLE Cynthia 5:30am	BOOTCAMP Pam 5:30am	CYCLE Cynthia 5:30am	BOOTCAMP Pam 5:30am	CYCLE Krisann 7:30am	CARDIO PUMP Kerri 7:30am
POWER HOUR Kassey 9:00am	BARRE Jess 8:15am	CYCLE Martha 8:15am	CYCLE Kassey 8:15am	CYCLE & SCULPT Tracy 8:00am	TABATA Kerri 7:30am	OCTAGON Stef 8:30am
BALANCED FLEXIBILITY SESSION Deana 9:15am	CYCLE Kassey 8:15am	OCTAGON Kassey 9:15am	ONE MORE REP Jess 8:15am	ULTIMATE SCULPT Kassey 9:00am	CORE & MORE Kassey 8:30am	
ZUMBA Crystal 10:00am	BARBELL CONDITIONING Kara 9:15am	DRUM FITNESS Kassey 10:15am	BARBELL CONDITIONING Pam 9:15am	ZUMBA Crystal 10:00am	DRUM FITNESS Brittany 9:30am	
	HIIT BOXING Louie 9:15am		LOW IMPACT Pam 10:15am			
	LOW IMPACT Kassey 10:15am		SOLID GOLD BOXING+ Robin 10:15am			
	SOLID GOLD BOXING+ Robin 10:15am		BODY BALANCE Robin 11:30am			
YOGA Mary/Bridget 4:30pm			CYCLE Kara 4:30pm			
CYCLE Stef 5:30pm			YOGA Jenn 4:30pm			
DRUM FITNESS Kara 5:30pm	INTERVAL STRENGTH Stef 5:30pm	TURBO TABATA Martha 5:30pm	DYNAMIC STRENGTH Kara 5:30pm			

**Reservations
Required**

