

January Weekly Group Schedule

Monday	Tuesday	Wednesday	Thursday
5:30am Bootcamp	6:00am Combat/Pump	5:30am Bootcamp	6:00am Combat/Pump
9:00am Beginner Yoga*	9:00am Stretch/Roll	9:00am Beginner Yoga*	9:15am TRX H.I.T.T.**
11:00am Senior Fit		11:00am Senior Fit	
4:25pm Youth Sports Camp		4:25pm Youth Sports Camp	
5:30pm Bootcamp		5:30pm Bootcamp	
6:30pm New Resolution Weight loss			
Friday	Saturday	Sunday	
5:30am Bootcamp		1:00pm Beginner Yoga*	
9:00am Stretch/Roll			
11:00am Senior Fit			
5:30pm Bootcamp			

*Intermediate - advance yoga clients are welcome to participate in all yoga classes.

**New TRX H.I.T.T class begins Thurs Jan. 19!!!

New Resolution Weight Loss: 30 minute fitness class geared to burn calories!

Group schedule is subject to change.