


January 2012 Group Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-7:00 Muscle Pump – Emily [S]		5:45-6:45 Muscle Pump - Amy C. [S]	6:00-6:45 Y-Trek Treadmill Fitness (Wellness Center) - Katie [C]	
9:15-10:00 Let's Get it Started (Gym) LeAnn [C/S]	9:05 – 10:05 Bootcamp – Heather [C/S]	9:00 – 10:00 Young at Heart – Bonnie [C/S]		9:00 – 10:00 Basic Health & Fitness – Bonnie [C/S]	9:15-10:15 Muscle Pump - Heather [S]
9:15 - 10:15 Body-N-Soul Yoga (Christian) - Heather [MB]		10:15- 11:15 Pilates Ball Fusion Heather [C/S]	9:15 – 10:15 Cardio Muscle Toolbox – Heather [C/S]	10:15 - 11:15 Zumba (gym) - Carmen [C]	9:15 -10:15 Zumba - Carmen [C]
10:15 - 11:15 Zumba (gym) -LeAnn [C]	10:15-11:00 Senior Chair Fun - Carol [S]	10:15 – 10:55 Zumba (gym) - Cheryl [C]	10:30-11:30 Group Run & Stretch - Tracy [C]	10:15 – 11:15 Muscle Pump -Tracy [S]	
10:30-11:30 Muscle Pump - Tracy [S]	10:30 – 11:15 Y-Trek Treadmill Fitness (Wellness Center) – Tracy [C]	11:00 – 11:25 Zumba Toning (gym) - Cheryl [C/S]	10:30 – 11:30 Yoga for Everyone – Heather [MB]		10:30 – 11:45 Powerful Yoga Heather [MB]
11:20-11:50 Restorative Stretch (Gym) LeAnn [MB]	11:10 - 12:10 Rhythmic Pilates - Paula [MB]	11:30 - 12:00 Core-n-more -Cheryl [S]			
12:00 - 1:00 pm Zumba Gold - LeAnn [C]		12:00-1:00 pm Zumba Gold - LeAnn [C]			
		4:30-5:15 Muscle Pump 101 - Katie [S]	4:40-5:40 Turbokick - Cancace [C]	4:30 – 5:30 Beginner's T'ai Chi – Joe [MB]	
4:30 – 5:30 T'ai Chi – Joe [MB]	4:45 – 5:45 Kickboxing - Amy C. [C]	5:30 - 6:00 Cardio Blast - Amy M. [C]	5:45 - 6:45 Pilates – Emily [MB]		
5:45-6:45 Work Your Body - Amy M.	5:50-6:50 Muscle Pump - (alt) Amy C. / Candace [S]	6:15 – 7:15 Hatha Yoga – Paula [MB]	7:00-8:00 Zumba - LeAnn (w/ Carmen) [C]		
7:00-8:15 Yoga Flow - Laly [MB]	7:00-8:00 Zumba - LeAnn (w/ Carmen) [C]				

So whether you eat or drink or whatever you do, do it all for the glory of God. 1 Corinthians 10:31 (NIV)

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