

# JANUARY 2026 GROUP FITNESS



| Sun | Mon  | Tue  | Wed  | Thu   | Fri   | Sat  |
|-----|--|--|--|---|---|--|
|     |  |  |  | 1<br>NO CLASSES!!!!!!!!!!!!!!                           | 2<br>8:15 Circuits Erin<br>9:05 Stretch Erin  | 3<br>7:00 Cardio/Strength<br>Meg                         |
| 4   | 5<br>5:00 PowerFit Jen<br>8:15 Bootcamp Erin<br>9:05 PowerFit Jen  | 6<br>5:00 Meg's Choice<br>8:15 Kickboxing Jen<br>5:45 Line Dance Lisa  | 7<br>5:00 PowerFit Meg<br>8:15 PowerFit Jen<br>9:05 Pilates Jen  | 8<br>5:00 Cycle Mal<br>8:15 Step Jen<br>5:45 NO CLASS   | 9<br>8:15 Circuits Jen<br>9:05 Stretch Jen    | 10<br>7:00 Step Jen                                      |
| 11  | 12<br>5:00 PowerFit Jen<br>8:15 Bootcamp Erin<br>9:05 PowerFit Jen | 13<br>5:00 Meg's Choice<br>8:15 Kickboxing Jen<br>5:45 Zumba Lisa      | 14<br>5:00 PowerFit Meg<br>8:15 Powerfit Jen<br>9:05 Pilates Jen | 15<br>5:00 Cycle Mal<br>8:15 Step Jen<br>5:45 Step Lisa | 16<br>8:15 Circuits Erin<br>9:05 Stretch Erin | 17<br>7:00 Cardio/Strength<br>Meg                        |
| 18  | 19<br>5:00 PowerFit Jen<br>8:15 Bootcamp Erin<br>9:05 PowerFit Jen | 20<br>5:00 Meg's Choice<br>8:15 Kickboxing Jen<br>5:45 Line Dance Lisa | 21<br>5:00 PowerFit Meg<br>8:15 Powerfit Jen<br>9:05 Pilates Jen | 22<br>5:00 Cycle Mal<br>8:15 Step Jen<br>5:45 Step Lisa | 23<br>8:15 Circuits Erin<br>9:05 Stretch Erin | 24<br>7:00 Step Jen                                      |
| 25  | 26<br>5:00 Powerfit Jen<br>8:15 Bootcamp Erin<br>9:05 PowerFit Jen | 27<br>5:00 Meg's Choice<br>8:15 Kickboxing Jen<br>5:45 Zumba Lisa      | 28<br>5:00 Powerfit Meg<br>8:15 PowerFit Jen<br>9:05 Pilates Jen | 29<br>5:00 Cycle Mal<br>8:15 Step Jen<br>5:45 Step Lisa | 30<br>8:15 Circuits Erin<br>9:05 Stretch Erin | 31<br>7:00 Kickboxing w/<br>Strength Circuit Jen/<br>Meg |