

# January Schedule

**All Classes on this schedule are free to our members and are 50-55 minutes in duration!**  
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| Time    | MON.                       | TUES.                             | WED.                             | THURS.                                       | FRI.                            | SAT.                | SUN.                   |
|---------|----------------------------|-----------------------------------|----------------------------------|--|---------------------------------|---------------------|------------------------|
| 9:00am  |                            | F.I.T.<br>BARRE<br>w/ Lisa        |                                  | SOULFUSION<br>w/Tammy                        |                                 | TABATA<br>w/Melinda |                        |
| 10:00am | AIT<br>w/Angela            | FUNCTIONAL<br>FITNESS<br>w/Arlene | AIT<br>w/Angela                  | FUNCTIONAL<br>FITNESS<br>w/Lisa              | CARDIO<br>COMBO<br>w/Lisa       |                     |                        |
| 11:00am | Stability<br>101<br>w/Suzy | Full Body<br>Stretch<br>w/ Suzy   |                                  | POSTURAL<br>STRENGTH<br>& STRETCH<br>w/ Suzy | Full Body<br>Stretch<br>w/ Suzy |                     |                        |
| 4:00pm  |                            |                                   |                                  |  |                                 |                     | MAX<br>w/Lori-<br>Beth |
| 5:00pm  | FIT<br>CAMP<br>w/Elizabeth | Yoga<br>w/Kelli                   | KICKBOXING<br>COMBO<br>w/ Kelli  | YOGA<br>w/Kelli                              |                                 |                     |                        |
| 6:00pm  | ZUMBA<br>w/Lara            | BARBELL<br>BLAST<br>w/ Adana      | MASH UP<br>w/Lara                | BARBELL<br>BLAST<br>w/Adana                  |                                 |                     |                        |
| 7:00pm  | SOUL<br>FUSION<br>w/ Tammy |                                   | PUMPED UP<br>STRENGTH<br>w/Paige |  |                                 |                     |                        |

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