

JANUARY. 2024
Fit-Time for Women
GROUP FITNESS SCHEDULE

		9:00 - 10:00	10:30 - 11:30	12:00 - 1:00	1:15 - 2:15	5:00 - 6:00
MONDAY	Class Instructor	Dance Bayley	Strength Worx Bayley	Chair Yoga Bayley	Tai-Chi Bayley	ZUMBA Angela
TUESDAY	Class Instructor	Morning Mashup Melanie	Arthritis Class Rebe	Strength, Balance & Coordination Barbara	Volleyball	YOGA Rebe
WEDNESDAY	Class Instructor	Dance Danise	Yoga for Mobility Jaime	Silver Sneakers Barbara		Strength & Conditioning Jacquie
THURSDAY	Class Instructor	Body Blast Amanda	Yoga Amanda	Strength, Balance & Coordination Barbara	Volleyball	ZUMBA Angela
FRIDAY	Class Instructor		Yogalates Barbara	Silver Sneakers Barbara		
SATURDAY	Class Instructor	Warrior Cardio Lisa	YOGA Rebe			

*** Tai Chi Begins January 15