

January, 2025
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 Rebe		ZUMBA Angela
TUESDAY	Class Instructor	Morning Mashup Melanie	Arthritis Class Rebe	Strength, Balance & Coordination Barbara	Volleyball	YOGA Rebe
WEDNESDAY	Class Instructor	Dance Eden	Yoga for Mobility Jaime	Silver Sneakers Barbara		Strength & Conditioning Jacquie
THURSDAY	Class Instructor	Body Blast Amanda	Yogalates Barbara	Strength, Balance & Coordination Barbara	Volleyball	
FRIDAY	Class Instructor	World Dance Eden	Yoga Amanda	Silver Sneakers Barbara		
SATURDAY	Class Instructor	Warrior Cardio Lisa	YOGA Rebe			

Paid Classes

Monday 5:00 PM

BARRE ABOVE
Rebe

Thursday 9:00 AM

BALLET BARRE
Eden

Friday 5:00 PM

NOTE - January 3, 10, 24, & 31

Dance Cardio
Savannah