

# January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
<p><b>New Years Eve!</b> No Group Exercise</p>	<p><b>New Years Day!</b> No Group Exercise</p>	<p>5:00-6:00am Turbo kick- Cynthia</p> <p>8:30-9:30am Yoga- Joan</p> <p>5:30-6:15pm <b>Splash</b>- Cindy 6:30-7:30pm PiYo- Cynthia</p>	<p>5:00-5:45am Wt. Training- Kim 8:15-9:00am <b>Splash</b>- Priscilla 8:30-9:15am TRX- Lauren 9:35-10:05 Body Blast <b>Silver</b>-Lauren 12:15-1:00p <b>Aqua Zumba</b>- Harriett 1:00-2:00pm- <b>Fitness on Demand</b> 5:30-6:15pm <b>Splash</b> Cindy 6:00-7:00pm Zumba- Lucy 7:00-8:00pm Yoga- Lauren</p>	<p>8:15-9:00am <b>Splash</b>- Linda 8:30-9:30am Yoga- Joan</p> <p>9:45-10:30am - Line Dancing-Betty</p>	<p>9:00-10:00am <b>Aqua Zumba</b>- Harriett</p>
7	8	9	10	11	12
<p>5:00-6:00am Turbo kick- Cynthia</p> <p>8:15-9:00am <b>Splash</b>- Linda 8:30-9:30am Bootcamp- Laurie 9:35-10:05am TRX <b>Silver</b>- Laurie 11:30-12:15pm Pound- Lisa 5:15-6:00pm Yoga- Jen 5:30-6:15pm <b>Aqua Zumba</b>-Harriett 5:45-6:30pm TRX-Laurie 6:00-7:00pm Zumba- Lucy</p>	<p>5:00-6:00am PiYo- Cynthia 8:15-9:00am <b>Splash</b>- Lauren 8:30-9:15am Interval Training-Ashley 9:35-10:05am Resistance <b>Silver</b>Lauren 12:15-1:00pm <b>Splash</b>- Harriett 1:00-2:00pm- <b>Fitness on Demand</b></p> <p>5:30-6:15pm <b>Splash</b>- Cindy 7:00-8:00pm Yoga- Lauren M.</p>	<p>5:00-6:00am Turbo kick- Cynthia</p> <p>8:30-9:30am Yoga- Joan</p> <p>5:30-6:15pm <b>Splash</b>- Cindy 6:30-7:30pm PiYo- Cynthia</p>	<p>5:00-5:45am Wt. Training- Kim</p> <p>8:30-9:15am TRX- Lauren 9:35-10:05 Body Blast <b>Silver</b>-Lauren 12:15-1:00p <b>Aqua Zumba</b>- Harriett 1:00-2:00pm- <b>Fitness on Demand</b> 5:30-6:15pm <b>Splash</b> Cindy 6:00-7:00pm Zumba- Lucy 7:00-8:00pm Yoga- Lauren</p>	<p>8:15-9:00am <b>Splash</b>- Linda 8:30-9:30am Yoga- Joan</p> <p>9:45-10:30am - Line Dancing-Betty</p>	<p>9:00-10:00am <b>Aqua Zumba</b>- Harriett</p> <p>9:00-10:00am- Zumba (<b>Farmers Market</b>)</p>
14	15	16	17	18	19
<p>5:00-6:00am Turbo kick- Cynthia</p> <p>8:15-9:00am <b>Splash</b>- Lauren 8:30-9:30am Bootcamp- Laurie 9:35-10:05am TRX <b>Silver</b>- Laurie 11:30-12:15pm Pound- Lisa</p> <p>5:15-6:00pm Yoga- Jen 5:30-6:15pm <b>Aqua Zumba</b>-Harriett 5:45-6:30pm TRX-Laurie 6:00-7:00pm Zumba- Lucy</p>	<p>5:00-6:00am PiYo- Cynthia 8:15-9:00am <b>Splash</b>- Lauren 8:30-9:15am Interval Training-Ashley 9:35-10:05am Resistance <b>Silver</b> Lauren 12:15-1:00pm <b>Splash</b>- Harriett 1:00-2:00pm- <b>Fitness on Demand</b></p> <p>5:30-6:15pm <b>Splash</b>- Cindy 7:00-8:00pm Yoga- Lauren M.</p>	<p>5:00-6:00am Turbo kick- Cynthia</p> <p>8:30-9:30am Yoga- Joan</p> <p>5:30-6:15pm <b>Splash</b>- Cindy 6:30-7:30pm PiYo- Cynthia</p>	<p>5:00-5:45am- Wt. Training- Kim</p> <p>8:30-9:15am TRX-Lauren 9:35-10:05 Body Blast <b>Silver</b> Lauren 12:15-1:00pm <b>Aqua Zumba</b>- Harriett 1:00-2:00pm- <b>Fitness on Demand</b> 5:30-6:15pm <b>Splash</b> Cindy 6:00-7:00pm Zumba- Lucy 7:00-8:00pm Yoga- Lauren</p>	<p>8:15-9:00am <b>Splash</b>- No Splash 8:30-9:30am Yoga- Joan</p> <p>9:45-10:30am - Line Dancing-Betty</p>	<p>9:00-10:00am <b>Aqua Zumba</b>- Harriett</p> <p>9:00-10:00am- Yoga (<b>Farmers Market</b>)</p>
21	22	23	24	25	26
<p><b>MLK DAY!</b> No Group Exercise</p>	<p>5:00-6:00am PiYo- Cynthia 8:15-9:00am <b>Splash</b> No Splash 8:30-9:15am Interval Training-Ashley <b>Resistance Silver cancelled today</b> 12:15-1:00pm <b>Splash</b>- Harriett 1:00-2:00pm- <b>Fitness on Demand</b></p> <p>5:30-6:15pm <b>Splash</b>- Cindy 7:00-8:00pm Yoga- Lauren M.</p>	<p>5:00-6:00am Turbo kick- Cynthia</p> <p>8:30-9:30am Yoga- Joan</p> <p>5:30-6:15pm <b>Splash</b>- Cindy 6:30-7:30pm PiYo- Cynthia</p>	<p>5:00-5:45am- Wt. Training- Kim</p> <p>8:30-9:15am TRX-Lauren 9:35-10:05 Body Blast <b>Silver</b> Lauren 12:15-1:00pm <b>Aqua Zumba</b>- Harriett 1:00-2:00pm- <b>Fitness on Demand</b></p> <p>5:30-6:15pm <b>Splash</b> Cindy 6:00-7:00pm Zumba- Lucy 7:00-8:00pm Yoga- Lauren M.</p>	<p>8:15-9:00am <b>Splash</b>- Linda 8:30-9:30am Yoga- Joan</p> <p>9:45-10:30am - Line Dancing-Betty</p>	<p>9:00-10:00am <b>Aqua Zumba</b>- Harriett</p> <p>9:00-10:00am - Yoga(<b>Farmers Market</b>)</p>
28	29	30	31		
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The class schedule is subject to change anytime