

JANUARY 2019 GROUP EX



WK OF

12/30

1/6

1/13

1/20

1/27

MON	TUES	WED	THUR	FRI	SAT
	 <p>New year. Same great gym.</p>		<p>5:00am - 5:45am Strength Circuit (J)</p> <p>9:00am - 9:45am Fit For Life (J)</p> <p>-----</p> <p>6:00pm - 6:30pm Triple A Circuit (D)</p> <p>6:30pm - 7:00pm Kickboxing (D)</p>	<p>5:00am - 5:45am Kickboxing (J)</p> <p>9:00am - 9:45am Fit For Life Yoga (J)</p>	<p>9:00AM GENERAL MACHINE INSTRUCTION</p> <p>*Free - Members Only Please sign-up</p>
<p>5:00am - 5:45am Total Body Circuit (J)</p> <p>9:00am - 9:45am Fit For Life (J)</p> <p>-----</p> <p>6:30pm - 7:15pm Total Body Circuit (D)</p>	<p>5:00am - 5:45am Kickboxing (D)</p> <p>-----</p> <p>6:30pm - 7:15pm Kickboxing (D)</p> <p>7:30pm - 8:15pm Yoga (J)</p>	<p>5:00am - 5:45am Yoga (J)</p> <p>9:00am - 9:45am Fit For Life</p>	<p>5:00am - 5:45am Total Body Circuit (D)</p> <p>-----</p> <p>6:30pm - 7:30pm Strength/Kickboxing Circuit (D)</p> <p>7:30pm - 8:15pm Yoga (J)</p>	<p>5:00am - 5:45am Kickboxing (J)</p> <p>9:00am - 9:45am Fit For Life Yoga (J)</p>	<p>9:00am - 9:45am TRX Control *Limit 4 Pre-Register</p> <p>10:00am - 12:00pm Goal Setting Workshop \$20</p>
<p>5:00am - 5:45am Total Body Circuit (J)</p> <p>9:00am - 9:45am Fit For Life (J)</p> <p>-----</p> <p>6:30pm - 7:15pm Total Body Circuit (D)</p> <p>2019 Challenge Kickoff</p>	<p>5:00am - 5:45am Kickboxing (D)</p> <p>-----</p> <p>6:30pm - 7:15pm Kickboxing (D)</p> <p>7:30pm - 8:15pm Yoga (J)</p>	<p>5:00am - 5:45am Yoga (J)</p> <p>9:00am - 9:45am Fit For Life</p>	<p>5:00am - 5:45am Total Body Circuit (D)</p> <p>-----</p> <p>6:30pm - 7:30pm Strength/Kickboxing Circuit (D)</p> <p>7:30pm - 8:15pm Yoga (J)</p>	<p>5:00am - 5:45am Kickboxing (J)</p> <p>9:00am - 9:45am Fit For Life Yoga (J)</p>	<p>9:00am - 12:00pm Nutrition Workshop *Sisters In Cheese mini-grazer included \$40</p>
<p>5:00am - 5:45am Total Body Circuit (J)</p> <p>9:00am - 9:45am Fit For Life (J)</p> <p>-----</p> <p>6:30pm - 7:15pm Total Body Circuit (D)</p>	<p>5:00am - 5:45am Kickboxing (D)</p> <p>-----</p> <p>6:30pm - 7:15pm Kickboxing (D)</p> <p>7:30pm - 8:15pm Yoga (J)</p>	<p>5:00am - 5:45am Yoga (J)</p> <p>9:00am - 9:45am Fit For Life</p>	<p>5:00am - 5:45am Total Body Circuit (D)</p> <p>-----</p> <p>6:30pm - 7:30pm Strength/Kickboxing Circuit (D)</p> <p>7:30pm - 8:15pm Yoga (J)</p>	<p>5:00am - 5:45am Kickboxing (J)</p> <p>9:00am - 9:45am Fit For Life Yoga (J)</p>	<p>9:00am - 11:00am Mental Wellness Workshop \$20</p>
<p>5:00am - 5:45am Total Body Circuit (J)</p> <p>9:00am - 9:45am Fit For Life (J)</p> <p>-----</p> <p>6:30pm - 7:15pm Total Body Circuit (D)</p>	<p>5:00am - 5:45am Kickboxing (D)</p> <p>-----</p> <p>6:30pm - 7:15pm Kickboxing (D)</p> <p>7:30pm - 8:15pm Yoga (J)</p>	<p>5:00am - 5:45am Yoga (J)</p> <p>9:00am - 9:45am Fit For Life</p>	<p>5:00am - 5:45am Total Body Circuit (J)</p> <p>-----</p> <p>NO EVENING CLASSES</p>	<p>5:00am - 5:45am Kickboxing (J)</p> <p>9:00am - 9:45am Fit For Life Yoga (J)</p>	

J: Jolyne / D: Deatra

**Classes in Red: Special Registration - See news for more info