



## January Fitness Schedule

**PLEASE NOTE- Pilates Reformer Classes require preregistration**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> <b>Happy New Year</b> <b>6 am – 6:50 am</b> *Cycle – Thomas - Studio iii <b>Come kick your New Year off with Exercise</b> <b>10:00-11:30</b> <b>Cardio 10:00-10:30</b> <b>Weights 10:30-11:00</b> <b>Stretch- 11:00- 11:30</b> <b>Heather</b>	<b>2</b> <b>6 am – 6:50 am</b> *Cycle Fusion – Thomas – Studio iii <b>7 am – 7:50 am</b> *Mat Pilates - Martha <b>8:30 am – 9:20 am</b> *Pilates with Reformer – Cou – Game Room <b>8:30 am – 9:20 am</b> Balance – Lana <b>8:30 am – 9:20 am</b> Water Walking <b>8:30 am – 9:20 am</b> *Tabata - Tia <b>9:30 am – 10:20 am</b> Strength – Lana <b>9:30-10:20- Water Aerobics- Tia</b> <b>10:30-11:20</b> Zumba -Theresia <b>5:30 pm – 6:20 pm</b> Yin Yoga – Evi - Studio iii <b>5:30 pm - 6:20 pm</b> Zumba –Cancelled <b>*5:30-6:20 pm</b> Pilates with Reformer – Cou – Game Room	<b>3</b> <b>6 am – 6:50 am</b> *Cycle – Thomas - Studio iii <b>7:00 am – 8:50 am</b> *Gentle Yoga - Dawn <b>8:30 am – 9:20 am</b> *Strength & Conditioning - Tia <b>8:30 am – 9:20 am</b> Water Aerobics - Heather <b>9:30 am – 10:20 am</b> *Muscle Sculpt – Heather <b>10:30 am - 11:20 am</b> Gentle Stretch - Betty	<b>4</b> <b>8:30-9:20 Cycle- Dina Studio III</b> <b>8:30-9:20- Water Aerobics- Heather</b> <b>9:30-10:20- Muscle Sculpt -Heather</b>

\*Member Only Class

5	6	7	8	9	10	11
	<b>6 am – 6:50 am</b> *Cycle – Thomas – Studio iii <b>7 am – 7:50 am</b> *Golf Yoga - Sharon <b>8:30 am – 9:20 am</b> Water Walking <b>8:30 am – 9:20 am</b> Strength - Dina <b>9:30 am – 10:20 am</b> Muscle Sculpt – Heather <b>12:00-12:45</b> Yoga with Weights – Meghan <b>6:30 pm - 7:20 pm</b> Bollywood Dance - Minoo	<b>6 am – 6:50 am</b> *Cycle Fusion – Thomas – Studio iii <b>7 am – 7:50 am</b> Yoga - Kim <b>8:30 am – 9:20 am</b> *HIIT – Tia <b>*8:30-9:20</b> Pilates with Reformer – Cou Game Room <b>8:30 am – 9:20 am</b> Water Aerobics - Lana <b>9:30 am – 10:20 am</b> *Rhythmic Step – Lana <b>10:30 am - 11:20 am</b> Hatha Yoga - Evi <b>5:30 pm - 6:20 pm</b> Zumba - cancelled <b>5:30 pm – 6:20 pm</b> Pilates with Reformer Intermediate- Martha Game Room	<b>6 am – 6:50 am</b> *Cycle – Thomas – Studio iii <b>7 am – 7:50 am</b> *Longevity Yoga - Sharon <b>8:30 am – 9:20 am</b> Water Aerobics - Tia <b>8:30 am – 9:20 am</b> Spin and Strength - Dina <b>9:30 am – 10:20am</b> Core - Tia <b>10:30 am – 11:20 am</b> *Gentle Stretch- Christine <b>12:00- Hiit and Strength- Megan</b> <b>5:00 pm – 5:50 pm</b> Muscle Sculpt - Heather	<b>6 am – 6:50 am</b> *Cycle Fusion – Thomas – Studio iii <b>7 am – 7:50 am</b> *Mat Pilates - Martha <b>8:30 am – 9:20 am</b> *Pilates with Reformer – Cou – Game Room <b>8:30 am – 9:20 am</b> Balance – Lana <b>8:30 am – 9:20 am</b> Water Walking <b>8:30 am – 9:20 am</b> *Tabata - Tia <b>9:30 am – 10:20 am</b> Strength – Lana <b>9:30-10:20- Water Aerobics- Tia</b> <b>10:30-11:20</b> Zumba -Theresia <b>5:30 pm – 6:20 pm</b> Yin Yoga – Evi - Studio iii <b>5:30 pm - 6:20 pm</b> Zumba –Cancelled <b>*5:30-6:20 pm</b> Pilates with Reformer – Cou – Game Room	<b>6 am – 6:50am</b> *Cycle – Thomas – Studio iii <b>7:00 am – 7:50 am</b> *Gentle Yoga - Dawn <b>8:30 am – 9:20 am</b> *Strength & Conditioning - Tia <b>8:30 am – 9:20 am</b> Water Aerobics - Heather <b>9:30 am – 10:20 am</b> Muscle Sculpt – Heather <b>10:30 am - 11:20 am</b> Gentle Stretch - Christine	<b>8:30 am – 9:20 am</b> Water Aerobics - Heather <b>8:30 am – 9:20 am</b> *Cycle – Dina - Studio iii <b>9:30 am – 10:20 am</b> Muscle Sculpt – Heather

12	13	14	15	16	17	18
	<b>6 am – 6:50 am</b> *Cycle – Thomas - Studio iii <b>7 am – 7:50 am</b> *Golf Yoga – Sharon <b>8:30 am – 9:20 am</b> Water Walking <b>8:30 am – 9:20 am</b> Spin & Strength – Dina - Studio iii <b>9:30 am – 10:20 am</b> Muscle Sculpt – Heather <b>12:00- 12:45</b> -Yoga with Weights- Meghan <b>5:00-5:50 Tai Chi- Alana</b> <b>6:30 pm - 7:20 pm</b> Bollywood Dance - Minoos	<b>6 am – 6:50 am</b> *Cycle Fusion – Thomas - Studio iii <b>7 am – 7:50 am</b> Yoga - Kim <b>8:30 am – 9:20 am</b> *HIIT – Tia <b>*8:30-9:20</b> Pilates with Reformer- Cou- Game Room <b>8:30 am – 9:20 am</b> Water Aerobics - Lana <b>9:30 am – 10:20 am</b> *Rhythmic Step – Lana <b>10:30 am - 11:20 am</b> Yoga - Evi <b>5:30 pm - 6:20 pm</b> Zumba - cancelled <b>5:30-6:20 pm –</b> *Pilates with Reformer – Intermediate level- Martha – Game Room	<b>6 am – 6:50 am</b> *Cycle – Thomas - Studio iii <b>7 am – 7:50 am</b> *Longevity Yoga - Sharo <b>8:30 am – 9:20 am</b> Water Aerobics – Tia <b>8:30 am – 9:20 a m</b> Spin and Strength - Dina <b>9:30 am – 10:20 am</b> Core - Tia <b>10:30 am – 11:20 am</b> Gentle Stretch – Christine <b>12:00-12:45- Hiit and strength- Meghan</b> <b>5:00pm – 5:50 pm</b> Muscle Sculpt – Heather	<b>6 am – 6:50 am</b> *Cycle Fusion – Thomas - Studio iii <b>7 am – 7:50 am</b> *Mat Pilates - Martha <b>8:30 am – 9:20 am</b> *Pilates with Reformer – Cou- Game Room <b>8:30 am – 9:20 am</b> Balance - Lana <b>8:30 am – 9:20 am</b> Water Walking <b>8:30 am – 9:20 am</b> *Tabata - Tia <b>9:30 am – 10:20 am</b> Water Aerobics – Tia <b>9:30 am – 10:20 am</b> Strength – Lana <b>10:30 am - 11:20 am</b> Zumba - cancelled <b>5:30 pm – 6:20 pm</b> Yin Yoga – Evi - Studio iii <b>5:30 pm - 6:20 pm</b> Zumba - cancelled <b>*5:30-6:20pm - Pilates with Reformer –Cou Game Room</b>	<b>6 am – 6:50 am</b> *Cycle – Thomas - Studio iii <b>7:00 am – 7:50 am</b> *Gentle Yoga - Dawn <b>8:30 am – 9:20 am</b> *Strength & Conditioning - Tia <b>8:30 am – 9:20 am</b> Water Aerobics - Heather <b>9:30 am – 10:20 am</b> Muscle Sculpt – Heather <b>10:30 am - 11:20 am</b> Gentle Stretch - Christine	<b>8:30 am – 9:20 am</b> Water Aerobics - Christine <b>8:30 am – 9:20 am</b> *Cycle – Studio iii Heather <b>9:30 am – 10:20 am</b> Muscle Sculpt – Heather

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19	20	21	22	23	24	25
	<b>6 am – 6:50 am</b> *Cycle – Thomas - Studio iii  <b>7 am – 7:50 am</b> *Golf Yoga - Sharo <b>8:30 am – 9:20 am</b> Aqua Zumba- Atsulo <b>8:30 am – 9:20 am</b> Strength – Lana Studio 2 <b>9:30 am – 10:20 am</b> Muscle Sculpt – Lana <b>12:00-12:45-</b> Yoga with Weights -Meghan <b>5:00-5:50 Tai Chi- Alana</b> <b>6:30 pm - 7:20 pm</b> Bollywood Dance - Minoo	<b>6 am – 6:50 am</b> *Cycle Fusion – Thomas - Studio iii  <b>7 am – 7:50 am</b> Yoga - Kim <b>8:30 am – 9:20 am</b> *HIIT – Heather <b>*8:30-9:20</b> Pilates with Reformer- Cou- Game Room <b>8:30 am – 9:20 am</b> Water Aerobics - Lana <b>9:30 am – 10:20 am</b> *Rhythmic Step – Lana <b>10:30 am - 11:20 am</b> Hatha Yoga - Evi <b>5:30 pm – 6:20 pm</b> Zumba – Atsuko <b>5:30-6:20- Pilates with Reformer- Intermediate level- Martha</b>	<b>6 am – 6:50 am</b> *Cycle – Thomas - Studio iii  <b>7 am – 7:50 am</b> *Longevity Yoga - Sharon <b>8:30 am – 9:20 am</b> Water Aerobics – Tia <b>8:30 am – 9:20 a m</b> Spin and Strength - Dina <b>9:30 am – 10:20 am</b> Core - Tia <b>10:30 am – 11:20 am</b> Gentle Stretch – cancelled <b>12:00-12:45- Hiit and strength- Meghan</b> <b>5:00pm – 5:50 pm</b> Muscle Sculpt – Heather  -	<b>6 am – 6:50 am</b> *Cycle Fusion – Thomas - Studio iii  <b>7 am – 7:50 am</b> *Mat Pilates - Martha <b>8:30 am – 9:20 am</b> *Pilates with Reformer – Cou - GameRoom <b>8:30 am – 9:20 am</b> Balance - Lana <b>8:30 am – 9:20 am</b> Aqua Zumba- Atsuko <b>8:30 am – 9:20 am</b> *Tabata - Tia <b>9:30 am – 10:20 am</b> Water Aerobics – Heather <b>9:30 am – 10:20 am</b> Strength – Lana <b>10:30 am - 11:20 am</b> Zumba - Theresia <b>4:30 pm - 5:20 pm</b> Barre - Jill <b>5:30 pm – 6:20 pm</b> Yin Yoga – Evi - Studio 3 <b>5:30 pm – 6:20 pm</b> Zumba - Atsuko <b>*5:30 pm – 6:20 pm</b> Pilates with Reformer – Cou - GameRoom	<b>6 am – 6:50 am</b> *Cycle – Thomas - Studio iii  <b>7:00 am – 7:50 am</b> *Gentle Yoga - Dawn <b>8:30 am – 9:20 am</b> *Strength & Conditioning – Tia <b>8:30 am – 9:20 am</b> Water Aerobics - Heather <b>9:30 am – 10:20 am</b> Muscle Sculpt - Heather <b>10:30 am - 11:20 am</b> Gentle Stretch - Christine	<b>8:30 am – 9:20 am</b> Water Aerobics – Christine <b>8:30 am – 9:20 am</b> *Cycle – Heather Studio iii <b>9:30 am – 10:20 am</b> Muscle Sculpt – Heather

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26	27	28	29	30	31	1
	<b>6 am – 6:50 am</b> *Cycle – Thomas - Studio iii <b>7 am – 7:50 am</b> *Golf Yoga - Sharon <b>8:30 am – 9:20 am</b> Aqua Zumba- Atsukp <b>8:30 am – 9:20 am</b> Spin & Strength – Dina - Studio iii <b>9:30 am – 10:20 am</b> Muscle Sculpt – Heather 12:00-12:45-Yoga with Weights Meghan <b>5:00-5:50- Tai Chi- Alana</b> <b>6:30 pm - 7:20 pm</b> Bollywood Dance – Minoos	<b>6 am – 6:50 am</b> *Cycle Fusion – Thomas - Studio iii <b>7 am – 7:50 am</b> Yoga – Kim <b>8:30 am – 9:20 am</b> *HIIT – Tia <b>*8:30-9:20</b> Pilates with Reformer- Cou- Game Room <b>8:30 am – 9:20 am</b> Water Aerobics - Lana <b>9:30 am – 10:20 am</b> Water Walking <b>9:30 am – 10:20 am</b> *Rhythmic Step – Lana <b>10:30 am - 11:20 am</b> Hatha Yoga - Evi <b>5:30 pm - 6:20 pm</b> Zumba – Atsuko <b>5:30-6:20 pm</b> *Pilates with Reformer – Intermediate- Martha's	<b>6 am – 6:50 am</b> *Cycle – Thomas - Studio iii <b>7 am – 7:50 am</b> *Longevity Yoga - Sharon <b>8:30 am – 9:20 am</b> Water Aerobics – Tia <b>8:30 am – 9:20 a m</b> Spin and Strength - Dina <b>9:30 am – 10:20 am</b> Core - Tia <b>10:30 am – 11:20 am</b> Gentle Stretch – Christine <b>12:00-12:45- Hiit and strength- Meghan</b> <b>5:00pm – 5:50 pm</b> Muscle Sculpt – Heather	<b>6 am – 6:50 am</b> *Cycle Fusion – Thomas - Studio iii <b>7 am – 7:50 am</b> *Mat Pilates - Martha <b>8:30 am – 9:20 am</b> *Pilates with Reformer – Cou - GameRoom <b>8:30 am – 9:20 am</b> Balance - Lana <b>8:30 am – 9:20 am</b> Aqua Zumba- Atsuko <b>8:30 am – 9:20 am</b> *Tabata - Tia <b>9:30 am – 10:20 am</b> Water Aerobics – Tia <b>9:30 am – 10:20 am</b> Strength – Lana <b>10:30 am - 11:20 am</b> Zumba - Theresia  <b>5:30 pm – 6:20 pm</b> Yin Yoga – Evi - Studio 3 <b>5:30 pm - 6:20 pm</b> Zumba - Atsuko <b>*5:30pm – 6:20 pm</b> Pilates with Reformer – Cou - GameRoom	<b>6 am – 6:50 am</b> *Cycle – Thomas - Studio iii <b>7:00 am – 7:50 am</b> *Gentle Yoga - Dawn <b>8:30 am – 9:20 am</b> *Strength & Conditioning – Tia <b>8:30 am – 9:20 am</b> Water Aerobics - Heather <b>9:30 am – 10:20 am</b> Muscle Sculpt - Heather <b>10:30 am - 11:20 am</b> Gentle Stretch - Christine	