

January Classes

2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 CLOSED	3 8:15 AM MUSCLE PUMP 9:00 AM CHAIR YOGA 9:45 AM BALANCE BALL 10:30 AM STRETCH & FLEX 5:30 PM BEGINNER CYCLE 5:45 PM ZUMBA (Nick)	4 8 AM INDOOR CYCLE 9 AM CARDIO DRUMMING 9:45 AM SILVER SNEAKERS CLASSIC 10:30 AM SILVER SNEAKERS CLASSIC 6:00 PM CIRCUITS WITH MOSES	5 8:15 AM MUSCLE PUMP 9:45 AM BALANCE BALL 10:30 AM STRETCH & FLEX 5:45 PM ZUMBA (Nick)	6 9:15 AM YOGA 10:00 AM SILVER SNEAKERS CLASSIC	7 8:30 AM HIIT (Loteia) 9:30 AM ZUMBA (Nick)
9 8 AM INDOOR CYCLE 9 AM CARDIO DRUMMING 9:45 AM SILVER SNEAKERS CLASSIC 10:00 AM YOGA (cycle room) 10:30 AM SILVER SNEAKERS CLASSIC	10 8:15 AM MUSCLE PUMP 9:00 AM CHAIR YOGA 9:45 AM BALANCE BALL 10:30 AM STRETCH & FLEX 5:30 PM BEGINNER CYCLE 5:45 PM ZUMBA (Nick)	11 8 AM INDOOR CYCLE 9 AM CARDIO DRUMMING 9:45 AM SILVER SNEAKERS CLASSIC 10:30 AM SILVER SNEAKERS CLASSIC 6:00 PM CIRCUITS WITH MOSES	12 8:15 AM MUSCLE PUMP 9:00 AM INDOOR CYCLE 9:45 AM BALANCE BALL 10:30 AM STRETCH & FLEX 5:45 PM ZUMBA (Nick)	13 9:15 AM YOGA 10:00 AM SILVER SNEAKERS CLASSIC	14 8:30 AM HIIT (Loteia) 9:30 AM ZUMBA (Nick)
16 8 AM INDOOR CYCLE 9 AM CARDIO DRUMMING 9:45 AM SILVER SNEAKERS CLASSIC 10:00 AM YOGA (cycle room) 10:30 AM SILVER SNEAKERS CLASSIC	17 8:15 AM MUSCLE PUMP 9:00 AM CHAIR YOGA 9:45 AM BALANCE BALL 10:30 AM STRETCH & FLEX 5:30 PM BEGINNER CYCLE 5:45 PM ZUMBA (Nick)	18 8 AM INDOOR CYCLE 9 AM CARDIO DRUMMING 9:45 AM SILVER SNEAKERS CLASSIC 10:30 AM SILVER SNEAKERS CLASSIC 6:00 PM CIRCUITS W/MOSES	19 8:15 AM MUSCLE PUMP 9:00 AM INDOOR CYCLE 9:45 AM BALANCE BALL 10:30 AM STRETCH & FLEX 5:45 PM ZUMBA (Nick)	20 9:15 AM YOGA 10:00 AM SILVER SNEAKERS CLASSIC	21 9:30 AM ZUMBA (Nick)
23 8 AM INDOOR CYCLE 9 AM CARDIO DRUMMING 9:45 AM SILVER SNEAKERS CLASSIC 10:00 AM YOGA (cycle room) 10:30 AM SILVER SNEAKERS CLASSIC	24 8:15 AM MUSCLE PUMP 9:00 AM CHAIR YOGA 9:45 AM BALANCE BALL 10:30 AM STRETCH & FLEX 5:45 PM ZUMBA (Nick)	25 8 AM INDOOR CYCLE 9:00 AM CARDIO DRUMMING 9:45 AM SILVER SNEAKERS CLASSIC 10:30 AM SILVER SNEAKERS CLASSIC 6:00 PM CIRCUITS W/MOSES	26 8:15 AM MUSCLE PUMP 9:00 AM INDOOR CYCLE 9:45 AM BALANCE BALL 10:30 AM STRETCH & FLEX 5:45 PM ZUMBA (Nick)	27 9:15 AM YOGA 10:00 AM SILVER SNEAKERS CLASSIC	28 8:30 AM HIIT (Loteia) 9:30 AM ZUMBA (Nick)
30 8 AM INDOOR CYCLE 9:00 AM CARDIO DRUMMING 9:45 AM SILVER SNEAKERS CLASSIC 10:00 AM YOGA (cycle room) 10:30 AM SILVER SNEAKERS CLASSIC	31 8:15 AM MUSCLE PUMP 9:00 AM CHAIR YOGA 9:45 AM BALANCE BALL 10:30 AM STRETCH & FLEX 5:30 PM BEGINNER CYLCE 5:45 PM ZUMBA (Nick)				