

Mon	Tue	Wed	Thu	Fri	Sat/Sun/Promos
<p>GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes (except Krav Maga)</p>	<p>All Group Fitness Classes are held in the Aerobics Room (upstairs), except the following: Classes in red are held in the Boxing Room. (first floor) Classes in blue are held in the Spin Room (first floor).</p>	<p>1 Happy New Year! No Classes</p>	<p>2 0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ *Macie 1715 Ashtanga Yoga 60w/Sandra *1830 Cardio Kick & Sculpt w/ Becky</p>	<p>3 0900 Zumba Fit w/Veronica 0930 Cycle Express w/*Nicola 1015 Barre Express w/*Nicola 1145 Indoor Cycling w/ Raul</p>	<p>4 *1000 Indoor Cycling w/ Raul</p>
<p>6 0900 Zumba w/Veronica 0930 Spin & Sculpt w/ *Nicola 1015 Butts & Guts w/Mirka 1130 Buti Yoga 45 w/Sandra 1700 KRAV MAGA w/Nenad 1730 Indoor Cycling w/ Raul</p>	<p>7 0630 Mindful Yoga 30 w/Sandra 0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ Robin 1715 Zumba w/NaiNai *1830 Cardio Kick & Sculpt w/ Becky</p>	<p>8 0900 Zumba Fit w/Veronica 0900 Indoor Cycling w/ Lindsay *1000 Core Sculpt w/ Lindsay 1130 HIIT 45 w/Mirka 1730 Vinyasa All levels Yoga w/ Andrea 1730 Indoor Cycling w/ Raul</p>	<p>9 *0630 Power Yoga w/ Macie 0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ Brienna 1715 Ashtanga Yoga 60w/Sandra *1830 Cardio Kick & Sculpt w/ Becky</p>	<p>10 0900 Zumba Fit w/Veronica 0930 Cycle Express w/*Nicola 1015 Barre Express w/*Nicola 1145 Indoor Cycling w/ Raul</p>	<p>11 1000 Indoor Cycling w/ Raul</p> <p style="text-align: right;">Sunday Jan 12 *1000 Vinyasa/Restorative Yoga 90 min w/ Robin</p>
<p>13 0900 Zumba w/Veronica 0930 Spin & Sculpt w/ *Nicola 1015 Butts & Guts w/Mirka 1130 Buti Yoga 45 w/Sandra 1700 KRAV MAGA w/Nenad 1730 Indoor Cycling w/ Raul</p>	<p>14 0630 Mindful Yoga 30 w/Sandra 0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin 1715 Zumba Step w/NaiNai *1830 Cardio Kick & Sculpt w/ Becky</p>	<p>15 0900 Zumba Fit w/Veronica 0900 Indoor Cycling w/ Lindsay *1000 Core Sculpt w/ Lindsay 1130 HIIT 45 w/Mirka 1730 Vinyasa All levels Yoga w/ Andrea 1730 Indoor Cycling w/ Raul</p>	<p>16 *0630 Power Yoga w/ Macie 0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ Brienna 1715 Ashtanga Yoga 60w/Sandra *1830 Cardio Kick & Sculpt w/ Becky</p>	<p>17 0900 Zumba Fit w/Veronica 0930 Cycle Express w/*Nicola 1015 Barre Express w/*Nicola 1145 Indoor Cycling w/ Raul</p>	<p>18 1000 Indoor Cycling w/ Raul</p> <p>*Denotes new class/ sub/instructor</p>
<p>20 MLK Day No Classes</p>	<p>21 0630 Mindful Yoga 30 w/Sandra 0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin 1715 Zumba w/NaiNai *1830 Cardio Kick & Sculpt w/ Becky</p>	<p>22 0900 Zumba Fit w/Veronica 0900 Indoor Cycling w/ Lindsay *1000 Core Sculpt w/ Lindsay 1130 HIIT 45 w/Mirka 1730 Vinyasa All levels Yoga w/ Andrea 1730 Indoor Cycling w/ Raul</p>	<p>23 *0630 Power Yoga w/ Macie 0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ Brienna 1715 Ashtanga Yoga 60w/Sandra *1830 Cardio Kick & Sculpt w/ Becky</p>	<p>24 0900 Zumba Fit w/Veronica 0930 Cycle Express w/*Nicola 1015 Barre Express w/*Nicola 1145 Indoor Cycling w/ Raul</p>	<p>25 1000 Indoor Cycling w/ Raul</p>
<p>27 0900 Zumba w/Veronica 0930 Spin & Sculpt w/ *Nicola 1015 Butts & Guts w/Mirka 1130 Buti Yoga 45 w/Sandra 1700 KRAV MAGA w/Nenad 1730 Indoor Cycling w/ Raul</p>	<p>28 0630 Mindful Yoga 30 w/Sandra 0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/Robin 1715 Zumba Step w/NaiNai *1830 Cardio Kick & Sculpt w/ Becky</p>	<p>29 0900 Zumba Fit w/Veronica 0900 Indoor Cycling w/ Lindsay *1000 Core Sculpt w/ Lindsay 1130 HIIT 45 w/ Mirka 1730 Vinyasa All levels Yoga w/ Andrea 1730 Indoor Cycling w/ Raul</p>	<p>30 *0630 Power Yoga w/ Macie 0830 Tabata w/Emily 0945 Muscle Pump w/Emily 1130 All Levels Yoga w/ Brienna 1715 Ashtanga Yoga 60w/Sandra *1830 Cardio Kick & Sculpt w/ Becky</p>	<p>31 0900 Zumba Fit w/Veronica 0930 Cycle Express w/*Nicola 1015 Barre Express w/*Nicola 1145 Indoor Cycling w/ Raul</p>	<p>Please note: Classes are subject to change pending instructor availability</p>