



Mon	Tue	Wed	Thu	Fri	Sat/Promos
		1 Happy New Year!!	2 *0930 Barre Above Boot Camp w/Lindsay 1130 Spin w/Lindsay	3 0930 Zumba w/Becky 1145 Zumba w/NaiNai	4 *Denotes new class/sub/temp class/instructor
6 0700 Spin w/ Millie 0930 Zumba w/ Becky 1130 Yoga w/Macie 1715 Wellness Work-shop. **Pre-registration required	7 0930 Barre Above Boot Camp w/Lindsay 1130 Yoga w/Brienna *1730 Spin w/ Millie	8 0700 Spin w/ Millie 0930 Zumba w/ Becky 1130 Yoga w/Robin F.	9 *0930 Barre Above Boot Camp w/Lindsay 1130 Spin Express w/Lindsay	10 0930 Zumba w/Becky 1145 Zumba w/ NaiNai	11 Please note: Classes are subject to change pending instructor availability.
13 0700 Spin w/ Millie 0930 Zumba w/ Becky 1130 Yoga w/ Macie 1715 Wellness Work-shop. **Pre-registration	14 0930 Barre Above Boot Camp w/Lindsay 1130 Yoga w/Brienna *1730 Spin w/ Millie	15 0700 Spin w/ Millie 0930 Zumba w/ Becky 1130 Yoga w/Robin F.	16 *0930 Barre Above Boot Camp w/Lindsay 1130 Spin Express w/Lindsay	17 0930 Zumba w/Becky 1145 Zumba w/NaiNai	18
20 MLK Day No Classes	21 0930 Barre Above Boot Camp w/Lindsay 1130 Yoga w/Brienna *1730 Spin w/ Millie	22 0700 Spin w/ Millie 0930 Zumba w/ Becky 1130 Yoga w/Robin F.	23 *0930 Barre Above Boot Camp w/Lindsay 1130 Spin Express w/Lindsay	24 0930 Zumba w/Becky 1145 Zumba w/ NaiNai	25
27 0700 Spin w/ Millie 0930 Zumba w/ Becky 1130 Yoga w/ Macie 1715 Wellness Work-shop. **Pre-registration required	28 0930 Barre Above Boot Camp w/Lindsay 1130 Yoga w/Brienna *1730 Spin w/ Millie	29 0700 Spin w/ Millie 0930 Zumba w/ Becky 1130 Yoga w/Robin F.	30 *0930 Barre Above Boot Camp w/Lindsay 1130 Spin Express w/Lindsay	31 0930 Zumba w/Becky 1145 Zumba w/ NaiNai	GROUP X CLASSES Cost: \$5.00/class \$45.00 for 10 classes