

# Panzer Fitness Center



January 2025

## Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <b>Federal Holiday No Classes</b>	2 0915 Yoga for Strength & Mobility w/ Robin	3 <del>0900 Total Body Blast w/ Erica</del>	4
6 0900 Total Body Blast w/ Erica	7 0915 Vinyasa Yoga w/ Robin	8 0900 Total Body Blast w/ Erica	9 0915 Yoga for Strength & Mobility w/ Robin	10 0900 Total Body Blast w/ Erica	11
13 0900 Total Body Blast w/ Erica	14 0915 Vinyasa Yoga w/ Robin	15 0900 Total Body Blast w/ Erica	16 <del>0915 Yoga for Strength &amp; Mobility w/ Robin</del>	17 0900 Total Body Blast w/ Erica	18
20 <b>Federal Holiday No Classes</b>	21 0915 Vinyasa Yoga w/ Robin	22 0900 Total Body Blast w/ Erica	23 0915 Yoga for Strength & Mobility w/ Robin	24 0900 Total Body Blast w/ Erica	25
27 0900 Total Body Blast w/ Erica	28 0915 Vinyasa Yoga w/ Robin	29 0900 Total Body Blast w/ Erica	30 0915 Yoga for Strength & Mobility w/ Robin	31 0900 Total Body Blast w/ Erica	Group Fitness Classes \$5/class or \$45 for 10 coupons