

# January 2019

		1	Tuesday	2	Wednesday	3	Thursday	4	Friday	5	Saturday	
		CLOSED HAPPY HOLIDAYS		PT 101 (T) PT 101 (G) PT 101 (W) Zumba (W)	600 1330 1630 1815	Spin (S) Boot Camp (W) Spin (W) Yoga (M) Zumba (E) Sculpt & Tone (W)	600 1130 1230 1630 1800 1815	VIRTUAL PT 101 & CARDIO 0600,1330, and 1630		Yoga (VC)		
		7	Monday	8	Tuesday	9	Wednesday	10	Thursday	11	Friday	12
PT 101 (G) Equipment Orientation PT 101 (W) PT 101 (W) Yoga (K) Zumba (W)		600 1000 1330 1630 1630 1815	Spin (S) Boot Camp (W) Spin (W) Spin (A) Zumba (E) Sculpt & Tone (W)	600 1130 1230 1700 1800 1815	PT 101 (T) PT 101 (W) PT 101 (W) Zumba (W)	600 1330 1630 1815	Spin (S) Boot Camp (W) Spin (W) Yoga (M) Zumba (E) Sculpt & Tone (W)	600 1130 1230 1630 1800 1815	VIRTUAL PT 101 & CARDIO 0600,1330, and 1630		Yoga (VC)	
14	Monday	15	Tuesday	16	Wednesday	17	Thursday	18	Friday	19	Saturday	
PT 101 (G) Equipment Orientation PT 101 (W) PT 101 (W) Yoga (K) Zumba (W)		600 1000 1330 1630 1630 1815	Spin (S) Boot Camp (W) Spin (W) Spin (A) Zumba (E) Sculpt & Tone (W)	600 1130 1230 1700 1800 1815	PT 101 (T) PT 101 (W) PT 101 (W) Zumba (W)	600 1330 1630 1815	Spin (S) Boot Camp (G) Spin (A) Yoga (M) Zumba (E) Sculpt & Tone (W)	600 1130 1230 1630 1800 1815	VIRTUAL PT 101 & CARDIO FIP 0600,1330, and 1630		Yoga (VC)	
21	Monday	22	Tuesday	23	Wednesday	24	Thursday	25	Friday	26	Saturday	
Martin Luther King Jr. Day		Spin (S) Boot Camp (W) Spin (W) Spin (A) Zumba (E) Sculpt & Tone (W)	600 1130 1230 1700 1800 1815	PT 101 (T) PT 101 (G) PT 101 (W) Zumba (W)	600 1330 1630 1815	Spin (S) Boot Camp (G) Spin (A) Yoga (M) Zumba (E) Sculpt & Tone (W)	600 1130 1230 1630 1800 1815	VIRTUAL PT 101 & CARDIO FIP 0600,1330, and 1630		Yoga (VC)		
28	Monday	29	Tuesday	30	Wednesday	31	Thursday	TRAINING TYPE COLOR		INSTRUCTORS		
PT 101 (G) Equipment Orientation PT 101 (G) PT 101 (W) Yoga (K) Zumba (W)		600 1000 1330 1630 1630 1815	Spin (S) Boot Camp (W) Spin (W) Spin (A) Zumba (E) Sculpt & Tone (W)	600 1130 1230 1700 1800 1815	PT 101 (T) PT 101 (W) PT 101 (W) Zumba (W)	600 1330 1630 1815	Spin (S) Boot Camp (W) Spin (W) Yoga (M) Zumba (E) Sculpt & Tone (W)	600 1130 1230 1630 1800 1815	Strength Cardio Class Strength and Cardio Class Mind and Body PT 101 Fitness Improvement  <i>Customers are welcome!</i>	Wakita (W) Doven (D) Ashly (A) Tiffany (T) Martha (M)	Grace (G) Josie (J) Eileen (E) Kristin (K) Stephanie (S)	