

# JANUARY | WEST | GROUP CLASSES

Cardio, core or strength, we offer over 30 options to get you moving.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>GRIT plus CORE 15</b> 5 am   Jennifer M.	<b>CYCLE 60</b> 5 am   Angie	<b>BODY PUMP</b> 5 am   Jennifer M.	<b>CYCLE 60</b> 5 am   Angie	<b>TABATA BOOT CAMP 45</b> 5 am   Jennifer M.		
<b>ZUMBA® GOLD</b> 7:15 am   Eva	<b>SENIOR FIT</b> 7:15 am   Penny	<b>ZUMBA® GOLD</b> 7:15 am   Eva	<b>SENIOR FIT</b> 7:15 am   Sarah	<b>SENIOR YOGA</b> 7:15 am   Eva	<b>GRIT</b> 7:15 am   Danielle	
<b>GENTLE YOGA</b> 8 am   Beth	<b>TRX CORE</b> 8 am   Penny	<b>YOGA</b> 8 am   Penny	<b>TRX CORE</b> 8 am   Penny	<b>BODY PUMP</b> 8:15 am   Jodi	<b>BODY PUMP</b> 8 am   Lindsay	
<b>CYCLE 60</b> 8 am   Mary		<b>CYCLE 60</b> 8 am   Mary				
	<b>CARDIO FIT 30</b> 8:30 am   Jodi		<b>CARDIO FIT 30</b> 8:30 am   Jodi			
					<b>CYCLE 60</b> 9:15 am   Deborah	
<b>BODY PUMP</b> 9:15 am   Casi	<b>YOGA</b> 9 am   Jodi	<b>BODY PUMP</b> 9:15 am   Jodi	<b>YOGA</b> 9 am   Jodi	<b>TRX FIT</b> 9:15 am   Penny	<b>BOOT CAMP</b> 9:15 am   Dan	
<b>BODY FLOW®</b> 10:15 am   Becca					<b>POUND™</b> 10:30 am   Lisa	
						<b>BOOT CAMP</b> 11:00 am   Dan
	<b>BODY PUMP 45</b> 12 pm   Casi	<b>TABATA BOOT CAMP 45</b> 12 pm   Nichole	<b>BODY PUMP 45</b> 12 pm   Casi			
		<b>GRIT</b> 4:45 pm   Jen				<b>YOGA FLOW</b> 3:30 pm   Brooke
<b>TRX FIT</b> 5:30 pm   Penny		<b>BODY PUMP</b> 5:30 pm   Jen				
<b>CYCLE 60</b> 5:30 pm   Debbie	<b>CARDIO FIT 60</b> 5:30 pm   Penny	<b>CYCLE 60</b> 5:30 pm   Debbie	<b>CARDIO FIT 60</b> 5:30 pm   Penny			
<b>BODY PUMP</b> 6:30 pm   Danielle	<b>YOGA FLOW</b> 6:30 pm   Brooke	<b>WERQ® Dance Fitness</b> 6:30 pm   Kayla	<b>YOGA FLOW</b> 6:30 pm   Brooke			

*New Class!*

*New Class!*

AQUA | **CARDIO** | **CORE** | SENIORS | STRENGTH | KIDS



# JANUARY | EAST | GROUP CLASSES

Cardio, core or strength, we offer over 30 options to get you moving.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CYCLE 45</b> 5:30 am   Jonet	<b>BOOT CAMP</b> 5:15 am   Charlie	<b>CYCLE 45</b> 5:30 am   Jonet	<b>BOOT CAMP</b> 5:15 am   Charile	<b>CYCLE 45</b> 5:30 am   Jonet		
		<b>CYCLE PLUS</b> 7:30 am   Melanie				
<b>F.I.T. - Freestyle Interval Training</b> 8 am   Charlie	<b>F.I.T. - Freestyle Interval Training</b> 8 am   Charlie	<b>F.I.T. - Freestyle Interval Training</b> 8 am   Charlie	<b>F.I.T. - Freestyle Interval Training</b> 8 am   Charlie	<b>F.I.T. - Freestyle Interval Training</b> 8 am   Charlie	<b>BODY PUMP</b> 8 am   Johnna	
	<b>BODY FLOW</b> 9 am   Morgan Soft Studio		<b>BODY FLOW</b> 9 am   Morgan Soft Studio		<b>BOOT CAMP</b> 9 am   Carliss	
<b>BURN AT THE BARRE PILATES</b> 9:15 am   Jessica Soft Studio		<b>BURN AT THE BARRE PILATES</b> 9:15 am   Jessica/ Becca Soft Studio		<b>BURN AT THE BARRE PILATES</b> 9:15 am   Jessica Soft Studio		
		<b>CORE CONDITIONING</b> 10 am   Diana			<b>ZUMBA®</b> 10 am   Courtney	
<b>ZUMBA® GOLD</b> 11:15 am   Dana						
<b>BODY PUMP</b> 12 pm   Johnna	<b>BOXFIT45</b> 12 pm   Eli	<b>BOOT CAMP</b> 12 pm   Carliss	<b>BOXFIT45</b> 12 pm   Carliss	<b>POUND™</b> 12:00 pm   Carliss		
	<b>YOGA FLOW 45</b> 12 pm   Samantha Soft Studio		<b>YOGA FLOW 45</b> 12 pm   Samantha Soft Studio			
						<b>RESTORATIVE YOGA</b> 4 pm   Leah Soft Studio
<b>CYCLE 60</b> 5:30 pm   Melanie	<b>BOOT CAMP</b> 5:30 pm   Carliss	<b>CYCLE 60 PLUS</b> 5:30 pm   Carliss	<b>ZUMBA®</b> 5:30 pm   Courtney			
<b>POUND™</b> 5:30 pm   Carliss	<b>BARRE PILATES</b> 5:30 pm   Lauren Soft Studio	<b>BODY PUMP</b> 5:30 pm   Johnna	<b>BARRE PILATES</b> 5:30 pm   Lauren Soft Studio			
<b>CYCLE 45</b> 6:30 pm   Carliss	<b>ZUMBA TONING®</b> 6:30 pm   Jenny A		<b>BOOT CAMP</b> 6:30 pm   Carliss			
<b>Self Defense60</b> 6:30 pm   Eli *Pay Class		<b>Self Defense60</b> 6:30 pm   Eli *Pay Class				



# JANUARY | NEWBURGH | GROUP CLASSES

Cardio, core or strength, we offer over 30 options to get you moving.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BODY PUMP</b> 5 am   Megan   SA		<b>BODY PUMP</b> 5 am   Dana   SA		<b>TRX BOOT CAMP</b> 5 am   Tara   SA		
	<b>BOOT CAMP</b> 5 am   Tara   SA/BBall Court		<b>GRIT</b> 5:15 am   Tara   SA		<b>GRIT</b> 7:15 am   Megan   SA	
<b>BOOT CAMP</b> 8:00 am   Dana   SA	<b>ZUMBA®</b> 8 am   Niki   SA	<b>BOOT CAMP</b> 8 am   Barb/Dana   SA	<b>ZUMBA®</b> 8 am   Courtney   SA		<b>TRX BOOT CAMP</b> 8 am   Crystal   SA	
<b>SENIOR AQUA</b> 8:15 am   Vicki	<b>YOGA ONE</b> 8 am   Alicia	<b>SENIOR AQUA</b> 8:15 am   Jen	<b>YOGA ONE</b> 8 am   Alicia	<b>SENIOR AQUA</b> 8:15 am   Vicki		
	<b>GRIT plus CORE15</b> 9:05 am   Jen   SA		<b>GRIT plus CORE15</b> 9:05 am   Dana   SA	<b>BODY COMBAT 45</b> 8:15 am   Melissa   SA		
<b>BODY PUMP</b> 9 am   Jen   SA	<b>CYCLE 60</b> 9:05 am   Barb   SB	<b>BODY PUMP</b> 9 am   Sarah   SA	<b>CYCLE 60</b> 9:05 am   Barb   SB	<b>BODY PUMP</b> 9 am   Rachel   SA	<b>BODY COMBAT</b> 9 am   Theresa   SA	
<b>AQUA FIT60</b> 9 am   Vicki	<b>AQUA ZUMBA®</b> 9:15 am   Dana	<b>AQUA FIT60</b> 9 am   Jen	<b>AQUA FIT60</b> 9 am   Vicki	<b>AQUA FIT 60</b> 9 am   Vicki	<b>YOGA FLOW</b> 9 am   SB   Brooke	
					<b>YOGA FLOW</b> 10 am   SB   Brooke	
<b>WERQ® Dance Fitness</b> 10 am   Kayla   SA	<b>TRX FIT</b> 10 am   Jen   SA	<b>WERQ® Dance Fitness</b> 10 am   Kayla   SA	<b>TRX FIT</b> 10 am   Jen   SA	<b>ZUMBA® TONING</b> 10am   Courtney   SA		
<b>YOGA</b> 10 am   Lisa C.   SB		<b>YOGA</b> 10 am   Chrissie   SB		<b>YOGA</b> 10 am   Chrissie   SB	<b>BODY PUMP</b> 10 am   Theresa   SA	
		<b>ZUMBA GOLD</b> 11:15 am   Dana				
		<b>TRX BOOT CAMP</b> 4:30 pm   Crystal   SA				<b>GRIT</b> 4 pm   Kai/ Morgan   SA
<b>GRIT plus CORE15</b> 5:30 pm   Theresa   SA	<b>BODY COMBAT</b> 5:30 pm   Theresa   SA		<b>BODY COMBAT</b> 5:30 pm   Theresa   SA			<b>BODY FLOW</b> 4:35 pm   Kai/ Morgan   SA
<b>KIDS MOVEMENT</b> 5:30 pm   Niki   SB	<b>PILATES</b> 5:30 pm   Kristen   SB	<b>STRONG</b> 5:30 pm   Courtney   SA	<b>PILATES</b> 5:30 pm   Kristen   SB			
	<b>AQUA ZUMBA</b> 5:35 pm   Courtney		<b>AQUA ZUMBA</b> 5:35 pm   Jennifer			
		<b>ZUMBA®</b> 6:30 pm   Megan   SA				
<b>ZUMBA®</b> 6:30 pm   Courtney   SA	<b>BODY PUMP</b> 6:30 pm   Haley   SA		<b>BODY PUMP</b> 6:30 pm   Theresa   SA			
	<b>YOGA</b> 6:30 pm   Lisa C.   SB		<b>YOGA</b> 6:30 pm   Irene   SB			



# JANUARY | NORTH | GROUP CLASSES

Cardio, core or strength, we offer over 30 options to get you moving.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CYCLE HR</b> 5 am   Mary	<b>F.I.T. (Freestyle Interval Training)</b> 5 am   Catherine	<b>CYCLE HR</b> 5 am   Mary	<b>F.I.T. (Freestyle Interval Training)</b> 5 am   Catherine	<b>GRIT plus CORE 30</b> 5 am   Catherine		
<b>RPM® VIRTUAL</b> 6 am	<b>GRIT</b> 6 am   Katie	<b>RPM®</b> 6 am   David	<b>GRIT</b> 6 am   Katie	<b>CYCLE HR</b> 6 am   Sandi		
<b>TABATA BOOT CAMP 45</b> 8 am   Sarah T.	<b>BARRE</b> 8 am   Lauren	<b>GRIT</b> 8 am   Catherine	<b>BARRE</b> 8 am   Lauren	<b>STRONG</b> 8 am   Dana	<b>GRIT</b> 7:30 am   Becca/ Kai/Jen	
<b>SENIOR AQUA</b> 8:15 am   Severin		<b>SENIOR AQUA</b> 8:15 am   Severin			<b>AQUA FIT45</b> 8:15 am   Marie	
	<b>AQUA FIT45</b> 9 am   Severin	<b>AQUA ZUMBA®</b> 9:15 am   Courtney	<b>AQUA FIT45</b> 9 am   Severin	<b>TURBO AQUA 60</b> 9 am   Severin	<b>BODYFLOW</b> 8:15 am   Becca/Kai	
<b>BODY PUMP</b> 9 am   Melissa	<b>ZUMBA TONING</b> 9 am   Courtney	<b>BODY PUMP</b> 9 am   Melissa	<b>WERG® Dance Fitness</b> 9 am   Kayla	<b>BODY PUMP</b> 9 am   Melissa	<b>ZUMBA TONING</b> 9:15 am   Kai	
<b>TRX CORE</b> 10:15 am   Melissa	<b>YOGA</b> 10 am   Chrissie	<b>TRX CORE</b> 10:15 am   Melissa	<b>YOGA</b> 10 am   Penny		<b>THE GAUNTLET</b> 10 am   Glenn	
					<b>POUND®</b> 10:15 am   Stephanie	
<b>SENIOR FIT</b> 11 am   Marie		<b>SENIOR FIT</b> 11 am   Marie	<b>TAI CHI</b> 11 am   Marie	<b>SENIOR FIT</b> 11 am   Marie		
	<b>SENIOR AQUA</b> 11:15 am   Severin		<b>SENIOR AQUA</b> 11:15 am   Severin			
<b>TRX MAX</b> 12 pm   Catherine	<b>TABATA BOOT CAMP 45</b> 12 pm   Sarah T.	<b>TRX MAX</b> 12 pm   Catherine	<b>TABATA BOOT CAMP 45</b> 12 pm   Sarah	<b>RESTORATIVE YOGA</b> 12 pm   Andreina		
<b>STRONG</b> 4:30 pm   Dana						<b>GRIT</b> 3:15 pm   Katie
	<b>POWER CYCLE 30</b> 5 pm   Sarah	<b>YOGA</b> 5 pm   Irene	<b>POWER CYCLE 30</b> 5 pm   Sarah			<b>BODY PUMP</b> 4 pm   Mackenzie
<b>BOOT CAMP</b> 5:30 pm   Jennifer B.	<b>BODY PUMP</b> 5:30 pm   Mackenzie		<b>BODY PUMP</b> 5:30 pm   Haley			
<b>AQUA FIT60</b> 5:30 pm   Marie		<b>AQUA FIT60</b> 5:30 pm   Marie				
<b>BODYFLOW</b> 6:30 pm   Kai	<b>TRX MAX</b> 6:30 pm   Catherine	<b>GRIT plus CORE 30</b> 6 pm   Catherine	<b>BODY COMBAT 45</b> 6:30 pm   Jenn/ Crystal			
	<b>THE GAUNTLET</b> 7 pm   Glenn	<b>POUND®</b> 7 pm   Lisa Cl	<b>THE GAUNTLET</b> 7 pm   Glenn			

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