



GROUP FITNESS

SPORTS OF ALL SORTS



JANUARY ~ 2020						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 GYM OPEN 9:00 - 1:00 NO CLASSES today. NO PICKLEBALL. Watch Football!	2 	3	4 WELCOME 2020 in our newly RENOVATED Group Fitness Studio!
5	6 8:30 - 9:20 (Stacey) Senior Strength PLUS + 9:30 - 10:20 (Angi) Senior-Fit 10:30-11:20 (Lisa) Silver Sneaker's Classic	7 8:00: (Stephanie) "Sunrise" Slow-Flow Yoga 9:00-9:50 (Toni) Silver Sneaker's YOGA 10:00-10:50 (Lisa) DANCE-FIT	8 Pickleball 8:30 - 9:20 (Lisa) Senior CIRCUIT 9:30 - 10:20 (Lisa) Senior-FIT 10:30-11:20 (Steph) Silver Sneaker's Classic	9 8:00: EnerChi (Steph) 9:00: S.S. YOGA (Toni) 10:00: DANCE-FIT (Lisa) 6:00 p.m.: (Steph) "Sunset Slow-Flow YOGA"	10 8:30-9:20 (Angi) Senior Strength PLUS + 9:30-10:20 (Angi) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Classic	11
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