

JANUARY ~ 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 NO CLASSES	2 8:30-9:20 (Stacey) Senior Strength PLUS + 9:30 - 10:20 (Amy) Senior-Fit 10:30-11:20 (Lisa) Silver Sneaker's Classic	3 9:00-9:50 (Toni) Silver Sneaker's Yoga 10:00 - 10:50 (Amy) BARRE 11:00-11:50 (Lisa) DANCE-FIT 6:30-7:15pm (Ashlie) HIIT BOOT CAMP	4 8:30-9:20 (Amy) Senior Strength PLUS + 9:30-10:20 (Amy) Senior-Fit 10:30 - 11:20 (Toni) SilverSneakers Classic	5
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27	28 8:30-9:20 (Stacey) Senior Strength PLUS + 9:30-10:20 (Lisa) Senior-FIT 10:30-11:20 (Lisa) Silver Sneaker's Classic	29 9:00-10:00 (Toni) Silver Sneaker's Yoga 10:00 - 10:50 (Lisa) DANCE-FIT 6:30-7:15pm (Ashlie) HIIT BOOT CAMP	30 8:30-9:20 (Amy) Senior Strength PLUS + 9:30 - 10:20 (Amy) Senior-Fit 10:30-11:20 (Lisa) Silver Sneaker's Classic	31 9:00-9:50 (Toni) Silver Sneaker's Yoga 10:00 - 10:50 (Amy) BARRE 11:00-11:50 (Lisa) DANCE-FIT 6:30-7:15pm (Ashlie) HIIT BOOT CAMP	A NEW year = NEW goals!	