



GROUP FITNESS

SPORTS OF ALL SORTS



JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	***** PLEASE NOTE: CARDIO DANCE AND CARDIO DRUMMING WILL ALTERNATE TUES AND THURS *****					1
2	3 9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	4 9:30-10:15 CARDIO-DANCE AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	5 9:30 - 10:15 CIRCUIT 10:30 - 11:15 Silver Sneaker's Classic AMY	6 9:30-10:15 CARDIO DRUMMING AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	7 9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	8
9	10 9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	11 9:30-10:15 CARDIO DRUMMING AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	12 9:30 - 10:15 CIRCUIT 10:30 - 11:15 Silver Sneaker's Classic AMY	13 9:30-10:15 CARDIO-DANCE AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	14 9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	15
16	17 9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	18 9:30-10:15 CARDIO-DANCE AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	19 9:30 - 10:15 CIRCUIT 10:30 - 11:15 Silver Sneaker's Classic AMY	20 9:30-10:15 CARDIO DRUMMING AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	21 9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	22
23	24 9:30 - 10:15 Senior-FIT *****	25 9:30-10:15 CARDIO DRUMMING AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	26 9:30 - 10:15 CIRCUIT 10:30 - 11:15 Silver Sneaker's Classic AMY	27 9:30-10:15 CARDIO-DANCE AMY 10:30-11:15 SILVER SNEAKERS YOGA TONI	28 9:30 - 10:15 Senior-FIT AMY 10:30-11:15 Silver Sneaker's Classic TONI	29
30	31 AMY 10:30-11:15 Silver Sneaker's Classic TONI					