



# GROUP FITNESS

## SPORTS OF ALL SORTS



### JANUARY 2023

| SUNDAY                                                                                                | MONDAY                                          | TUESDAY                                     | WEDNESDAY                                                                               | THURSDAY                                    | FRIDAY                                                               | SATURDAY                                                                                    |
|-------------------------------------------------------------------------------------------------------|-------------------------------------------------|---------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------|----------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| 1<br>                | 2                                               | 3                                           | 4<br> | 5                                           | 6                                                                    | 7<br>    |
|                                                                                                       | 9:30 - 10:15<br>Senior-FIT<br>AMY               | 9:30-10:15<br>CARDIO-DANCE<br>AMY           |                                                                                         | 9:30-10:15<br>CARDIO-CIRCUIT<br>TONI        | 9:30 - 10:15<br>Senior-FIT<br>TONI                                   |                                                                                             |
|                                                                                                       | 10:30-11:15<br>Silver Sneaker's Classic<br>TONI | 10:30-11:15<br>SILVER SNEAKERS YOGA<br>TONI | NO CLASSES TODAY!<br>DO SOMETHING<br>*ACTIVE*<br>AND BE SURE TO<br>POST ON FB!          | 10:30-11:15<br>SILVER SNEAKERS YOGA<br>TONI | 10:30-11:15<br>Silver Sneaker's Classic<br>TONI                      |                                                                                             |
| 8<br>PLEASE NOTE<br>JAN 11&25<br>TABATA!<br>20 SEC WORK<br>10 SEC REST<br>X8<br>45 MIN<br>TRY IT OUT! | 9                                               | 10                                          | 11                                                                                      | 12                                          | 13                                                                   | 14<br>   |
|                                                                                                       | 9:30 - 10:15<br>Senior-FIT<br>AMY               | 9:30-10:15<br>CARDIO DRUMMING<br>AMY        | 9:30 - 10:15<br>TABATA CIRCUIT<br>10:30 - 11:15<br>Silver Sneaker's<br>Classic<br>AMY   | 9:30-10:15<br>CARDIO-DANCE<br>AMY           | TAI CHI WITH AMY<br>8:45-9:15AM<br>9:30 - 10:15<br>Senior-FIT<br>AMY |                                                                                             |
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| 15<br>              | 16                                              | 17                                          | 18                                                                                      | 19                                          | 20                                                                   | 21<br>  |
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| 22<br>             | 23                                              | 24                                          | 25                                                                                      | 26                                          | 27                                                                   | 28<br> |
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| 29<br>             | 30                                              | 31                                          |     |                                             |                                                                      |                                                                                             |
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|                                                                                                       |                                                 |                                             |                                                                                         |                                             |                                                                      |                                                                                             |