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| **WINTER FITNESS CLASS SCHEDULE** | | | | | |
| **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** | | | | | |
| 5:30-6:15am | Morning Circuit  Karri | Pickleball | Morning Circuit  Karri | Pickleball | Stretch  joey |
| 9-10am | Lift Circuit  katie | Cycle Plus  9-9:40  katie | Lift Circuit  katie | Cycle Plus  9-9:40  katie | Lift Circuit  katie |
| 10-11am | Zumba 10-10:45  Janelu | Barre  renee & katie | Zumba 10-10:45  Janelu | Barre  renee & katie | Zumba 10-1045  janelu |
| 11-1130am | Tai-Chi 11-1130  nick | Gentle Yoga 11-1145  renee | Tai-Chi 11-1130  nick | Gentle Yoga 11-1145  renee |  |
| 12:10-12:50pm | Lift—nick  Wet Vest |  | Lift-nick  Wet Vest |  |  |
| 1-2pm |  | Find Your Strength  tasha |  | Find Your Strength  tasha |  |
| 4-5pm |  | Growth K-5  nick |  | Growth K-5  nick |  |
|  |  |  |  |  |  |
| 5:15-6pm | Yoga Flow  renee | LIFT  nick | Yogi/stretch  tasha & joey | LIFT  nick |  |
| 5:30-6:10pm |  | Cycle Plus  tasha & joey |  |  |  |
| 6:15-7pm |  | Cardio Kickboxing  nick |  | Cardio Kickboxing  nick |  |

**Only class participants allowed in the weight room during class**

**MELTDOWN STARTS**

**JAN 3RD – MARCH 10TH**

NON-MEMBER SPECIAL FOR THE 10 WEEK SESSION== $30