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| **WINTER FITNESS CLASS SCHEDULE** |
|  **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** |
| 5:30-6:15am | Morning CircuitKarri | Pickleball | Morning CircuitKarri | Pickleball | Stretchjoey |
| 9-10am | Lift Circuit katie | Cycle Plus9-9:40katie | Lift Circuit katie | Cycle Plus 9-9:40katie | Lift Circuitkatie |
| 10-11am | Zumba 10-10:45Janelu | Barre renee & katie | Zumba 10-10:45Janelu | Barrerenee & katie | Zumba 10-1045janelu |
| 11-1130am | Tai-Chi 11-1130nick | Gentle Yoga 11-1145renee | Tai-Chi 11-1130nick | Gentle Yoga 11-1145renee |  |
| 12:10-12:50pm | Lift—nickWet Vest |  | Lift-nickWet Vest |  |  |
| 1-2pm |  | Find Your Strengthtasha |  | Find Your Strengthtasha |  |
| 4-5pm |  | Growth K-5nick |  | Growth K-5nick |  |
|  |  |  |  |  |  |
| 5:15-6pm | Yoga Flow  renee | LIFTnick | Yogi/stretch tasha & joey | LIFTnick |  |
| 5:30-6:10pm |  | Cycle Plustasha & joey |  |  |  |
| 6:15-7pm |  | Cardio Kickboxingnick |  | Cardio Kickboxingnick |  |

**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