

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Jan
GROUP FITNESS



Instructors: Colleen Alritz CA
 Carrie Chambless CC
 Coty Noojin Coty
 Debbie Charlesworth DC
 Dee Glazier DG
 Jennifer Dreyer JD
 Jessica Griffith JG
 Jill McKnight JMC
 Kate Smith KS
 LeighAnn Jones LAJ
 Laurina Bless LB
 Lori Lovett LL
 Loren Taylor LT
 Michelle Yawn MY
 Roseanne Malone RAM
 Smith Pass SP
 Suzie Dozier SD
 Vivian Dunn VD
 Yvette Monet YM

1 **HAPPY NEW YEAR**
2015
NO CLASSES

2 9:00am Killer Combo JG
 10:35am SilverSneakers®Circuit JG
 11:45am Gentle Yoga YM
 12:00pm Core Express DG

3 8:15am Cycle JD
 9:15am Power Hour JD
 10:30am Zumba LT

5 5:45am Rise and Shine SD
 9:00am Step SP
 10:00am Pilates Express CA
 10:35am SilverSneakers®Classic JG
 12:00pm Circuit Express KS
 1:00pm SilverSneakers®Classic CA
 5:00pm Zumba LB
 5:30pm Cycle LAJ
 6:05pm Sculpt LAJ

6 8:30am Power Hour JMC
 9:30am Zumba LB
 10:35am Senior Ball JD
 11:45am Yoga RAM
 12:00pm Cycle Express DG
 2:15pm Tai Chi YM
 5:30pm Yoga Strength LB
 5:30pm Cycle JD
 6:45pm Pilates JD

7 5:45am Rise and Shine CA
 9:00am Step Circuit SP
 10:35am SilverSneakers®Circuit JD
 12:00pm Sculpt Express CA
 12:45pm SilverSneakers®Yoga LB
 5:30pm Power Hour KS
 6:35pm Zumba LB

8 8:30am Power Hour DG
 9:30am Zumba LT
 10:35am SilverSneakers®Classic JG
 11:45am Yoga RAM
 12:00pm Cycle Express CA
 4:45pm Restore the Core KS
 5:30pm Gentle Yoga LB
 5:30pm Cycle KS
 6:45pm Hot Hula Coty

9 9:00am Killer Combo JG
 10:35am SilverSneakers®Circuit JG
 11:45am Gentle Yoga YM
 12:00pm Core Express DG

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 5:00pm Zumba LB
 5:30pm Cycle LAJ
 6:05pm Sculpt LAJ

13 8:30am R.I.P.P.E.D JMC
 9:30am Zumba LB
 10:35am Senior Ball JD
 11:45am Yoga RAM
 12:00pm Cycle Express KS
 2:15pm Tai Chi YM
 5:30pm Yoga Strength LB
 5:30pm Cycle JD
 6:45pm Pilates JD

14 5:45am Rise and Shine DC
 9:00am Step Circuit JG
 10:35am SilverSneakers®Circuit JD
 12:00pm Sculpt Express CA
 12:45pm SilverSneakers®Yoga LB
 5:30pm R.I.P.P.E.D LAJ
 6:35pm Zumba LB

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