

*\*Must be signed up for early morning classes  
by 8pm the night before*

## Fitness Class Calendar January 2016



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> <b>*Closed*</b>  <b>Happy New Year!</b>	<b>2</b> Cardio Drumming 9-9:50am  Switch it Up: Step Aerobics/Zumba Mix 10-10:50am
<b>3</b>  <b>No Class on Sunday</b>	<b>4</b> Pure Strength 9-9:50am  Full Body Fitness 10:30-11:20am  Body Blast 5:15pm-6:00pm	<b>5</b> Stretch & Flex/Zumba 7-7:50am* Raising Cane 8-8:50am* Cardio Drumming 9-9:50am Balance for Life 10-10:50am	<b>6</b> Stability Ball Strengthening 8:15-9:00 am  Full Body Fitness 10:30-11:20am  Kick it Cardio 5:30pm-6:15pm	<b>7</b> Stretch & Flex/Zumba 7-7:50am* Raising Cane 8-8:50am* Cardio Drumming 9-9:50am Balance for Life 10-10:50am	<b>8</b> Pure Strength 9-9:50am  Full Body Fitness 10:30-11:20am	<b>9</b> Cardio Drumming 9-9:50am  Switch it Up: Yoga/Pilates Mix 10-10:50am
	<b>11</b> Pure Strength 9-9:50am  Full Body Fitness 10:30-11:20am  Body Blast 5:15pm-6:00pm	<b>12</b> Stretch & Flex 7-7:50am* Raising Cane 8-8:50am* Cardio Drumming 9-9:50am Balance for Life 10-10:50am	<b>13</b> Stability Ball Strengthening 8:15-9:00 am  Full Body Fitness 10:30-11:20am  Kick it Cardio 5:30pm-6:15pm	<b>14</b> Stretch & Flex 7-7:50am* Raising Cane 8-8:50am* Cardio Drumming 9-9:50am Balance for Life 10-10:50am	<b>15</b> Pure Strength 9-9:50am  Full Body Fitness 10:30-11:20am	<b>16</b> Cardio Drumming 9-9:50am  Switch it Up: Intervals 10-10:50am
	<b>18</b> Pure Strength 9-9:50am  Full Body Fitness 10:30-11:20am  Body Blast 5:15pm-6:00pm	<b>19</b> Stretch & Flex 7-7:50am* Raising Cane 8-8:50am* Cardio Drumming 9-9:50am Balance for Life 10-10:50am	<b>20</b> Stability Ball Strengthening 8:15-9:00 am  Full Body Fitness 10:30-11:20am  Kick it Cardio 5:30pm-6:15pm	<b>21</b> Stretch & Flex 7-7:50am* Raising Cane 8-8:50am* Cardio Drumming 9-9:50am Balance for Life 10-10:50am	<b>22</b> Full Body Fitness 10:30-11:20am	<b>23</b> Cardio Drumming 9-9:50am  Switch it Up: Boxing Circuit 10-10:50am
<b>24/31</b>	<b>25</b> Pure Strength 9-9:50am  Full Body Fitness 10:30-11:20am  Body Blast 5:15pm-6:00pm	<b>26</b> Stretch & Flex 7-7:50am* Raising Cane 8-8:50am* Cardio Drumming 9-9:50am Balance for Life 10-10:50am	<b>27</b> Stability Ball Strengthening 8:15-9:00 am  Full Body Fitness 10:30-11:20am  Kick it Cardio 5:30pm-6:15pm	<b>28</b> Stretch & Flex 7-7:50am* Raising Cane 8-8:50am* Cardio Drumming 9-9:50am Balance for Life 10-10:50am	<b>29</b> Pure Strength 9-9:50am  Full Body Fitness 10:30-11:20am	<b>30</b> <b>*Open House*</b>  <b>See Front Desk for Details</b>

Please sign up at the front desk or call 337-7000 at least 1 hour before class time ☺