



# Group Exercise Schedule



Jan 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 NO CLASSES	2 8.30am – <b>Total Body</b> w Kristen 9.30am – <b>Pi-Yo</b> w Melissa 11am - <b>Senior Fitness</b> ) w Earl	3 8.30am – <b>Zumba</b> w Sheila 9.45am – <b>Pilates</b> w Vicki 11am - <b>Tai Chi (L2)</b> w Earl	4 8.30am – <b>Total Body</b> w Melissa 9.30am – <b>Yoga Flow</b> w Marie 11am – <b>Senior Fitness</b> w Earl	5
6	7 8.30am – <b>Total Body</b> w Kristen 9.30am – <b>Tai Chi</b> w Earl 6.30pm – <b>Zumba</b> w Betsy	8 8.30am – <b>Total Abs &amp; Barres Sculpt</b> w Kristen 9.30am – <b>Yoga</b> w JoAnn 11am - <b>Tai Chi (L2)</b> w Earl 7pm – <b>M.A Fitness</b> w Earl	9 8.30am – <b>Total Body</b> w Kristen 9.30am – <b>Pi-Yo</b> w Melissa 11am - <b>Senior Fitness</b> ) w Earl	10 8.30am – <b>Zumba</b> w Sheila 9.45am – <b>Pilates</b> w Vicki 11am - <b>Tai Chi (L2)</b> w Earl	11 8.30am – <b>Total Body</b> w Melissa 9.30am – <b>Yoga Flow</b> w Marie 11am – <b>Senior Fitness</b> w Earl	12
13	14 8.30am – <b>Total Body</b> w Kristen 9.30am – <b>Tai Chi</b> w Earl 6.30pm – <b>Zumba</b> w Betsy	15 8.30am – <b>Total Abs &amp; Barres Sculpt</b> w Kristen 9.30am – <b>Yoga</b> w JoAnn 11am - <b>Tai Chi (L2)</b> w Earl 7pm – <b>M.A Fitness</b> w Earl	16 8.30am – <b>Total Body</b> w Kristen 9.30am – <b>Pi-Yo</b> w Melissa 11am - <b>Senior Fitness</b> ) w Earl	17 8.30am – <b>Zumba</b> w Sheila 9.45am – <b>Pilates</b> w Vicki 11am - <b>Tai Chi (L2)</b> w Earl	18 8.30am – <b>Total Body</b> w Melissa 9.30am – <b>Yoga Flow</b> w Marie 11am – <b>Senior Fitness</b> w Earl	19
20	21 9.30am – <b>No Class</b>	22 11am – <b>No Class</b>	23 11am – <b>No Class</b>	24 11am – <b>No Class</b>	25 11am – <b>No Class</b>	26
27	28 9.30am – <b>No Class</b>	29 11am – <b>No Class</b>	30 11am – <b>No Class</b>	31 11am – <b>No Class</b>	11am – <b>No Class</b>	