





# January 2019 Group Fitness



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 Club Closed</p> 	<p>2 10:00 AM (45) BodyBLAST- DD</p> <p>11:00AM (30) Low Impact- DD</p> <p>5:30 PM (45) Get RIPPED- VA</p> <p>No 6:30 class tonight</p>	<p>3 9:30 AM (45) WaterWorks- JJ</p> <p>10:00 AM (60) YOGA- LG</p> <p>5:30PM (60) YOGA- ML</p>	<p>4 10:00 AM (45) Hiit ABS- DD</p>	<p>5 9:00 AM (70) CoreDeP90X-- DP</p> <p>10:15 AM (60) Zumba- SR</p>
<p>6 8:45 AM (45) WaterWorks- CP</p>	<p>7 10:00 AM (45) Get RIPPED- DD</p> <p>5:30PM (45) Get RIPPED- VA</p> <p>6:15PM (45) WaterWorks- CP</p> <p>6:30 PM (60) ZUMBA- SR</p>	<p>8 9:30 AM (45) WaterWorks- JJ</p> <p>10:00 AM (45) Pilates Fusion- VA</p> <p>5:30PM (60) CORE DE FORCE- DP</p> <p>6:30 PM (60) YOGA- BN</p>	<p>9 10:00 AM (45) BodyBLAST- DD</p> <p>11:00AM (30) Low Impact- DD</p> <p>5:30 PM (60) P90X- DP</p> <p>6:30 PM (45) Tabata- AR</p>	<p>10 9:30 AM (45) WaterWorks- JJ</p> <p>10:00 AM (60) YOGA- LG</p> <p>5:30PM (60) YOGA- ML</p>	<p>11 10:00 AM (60) CardioSTRONG- AR</p>	<p>12 9:00 AM (45) Hiit ABS- DD</p> <p>10:15 AM (60) Zumba- SR</p>
<p>13 8:45 AM (45) WaterWorks- CP</p> 	<p>14 10:00 AM (45) Get RIPPED- DD</p> <p>5:30PM (60) P90X- DP</p> <p>6:15PM (45) WaterWorks- CP</p> <p>6:30 PM (60) ZUMBA- AR</p>	<p>15 9:30 AM (45) WaterWorks- JJ</p> <p>10:00 AM (45) Pilates Fusion- VA</p> <p>5:30PM (60) CORE DE FORCE- DP</p> <p>6:30 PM (60) YOGA- BN</p>	<p>16 10:00 AM (45) BodyBLAST- DD</p> <p>11:00AM (30) Low Impact- DD</p> <p>5:30 PM (45) Get RIPPED- VA</p> <p>6:30 PM (45) Tabata- AR</p>	<p>17 9:30 AM (45) WaterWorks- JJ</p> <p>10:00 AM (60) YOGA- LG</p> <p>5:30PM (60) YOGA- ML</p>	<p>18 10:00 AM (60) CardioSTRONG- AR</p>	<p>19 9:00 AM (70) CoreDeP90X-- DP</p> <p>10:15 AM (60) Zumba- SR</p>
<p>20 8:45 AM (45) WaterWorks- CP</p>	<p>21 10:00 AM (45) Get RIPPED- DD</p> <p>5:30PM (60) P90X- DP</p> <p>6:15PM (45) WaterWorks- CP</p> <p>6:30 PM (60) ZUMBA- SR</p>	<p>22 9:30 AM (45) WaterWorks- JJ</p> <p>10:00 AM (45) Pilates Fusion- VA</p> <p>5:30PM (60) CORE DE FORCE- DP</p> <p>6:30 PM (60) YOGA- BN</p>	<p>23 10:00 AM (45) BodyBLAST- DD</p> <p>11:00AM (30) Low Impact- DD</p> <p>5:30 PM (45) Get RIPPED- VA</p> <p>6:30 PM (45) Tabata- AR</p>	<p>24 9:30 AM (45) WaterWorks- JJ</p> <p>10:00 AM (60) YOGA- LG</p> <p>5:30PM (60) YOGA- ML</p>	<p>25 10:00 AM (60) CardioSTRONG- AR</p>	<p>26 9:00 AM (45) BodyBlast- DD</p> <p>10:15 AM (60) Zumba- SR</p>
<p>27 8:45 AM (45) WaterWorks- CP</p>	<p>28 10:00 AM (45) Get RIPPED- DD</p> <p>5:30PM (45) Get RIPPED- VA</p> <p>6:15PM (45) WaterWorks- CP</p> <p>6:30 PM (60) ZUMBA- AR</p>	<p>29 No WaterWorks</p> <p>10:00 AM (45) Pilates Fusion- VA</p> <p>5:30PM (60) CORE DE FORCE- DP</p> <p>6:30 PM (60) YOGA- BN</p>	<p>30 10:00 AM (45) BodyBLAST- DD</p> <p>11:00AM (30) Low Impact- DD</p> <p>5:30 PM (60) P90X- DP</p> <p>6:30 PM (45) Tabata- AR</p>	<p>31 No WaterWorks</p> <p>10:00 AM (60) YOGA- LG</p> <p>5:30PM (60) YOGA- ML</p>	<p><b>HAPPY NEW YEAR 2019</b></p>	