



Mon-Fri: 8:00am -  
 12:00p 4:30p - 8:30p  
 Sat: 8:00a - 12:00p

# JANUARY GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM Wiyatta <b>Firm Fusion</b>	8:15AM Delandis <b>Total Body Sculpt</b>	8:30AM Wiyatta <b>Firm Fusion</b>	9:30AM Gretha <b>Yoga with Weights</b>	12:00PM Michelle <b>Stretch &amp; Core</b>	10AM Delandis <b>Total Body Sculpt</b>	10:30AM Hakeem <b>Yoga (75min)</b>
12:00PM Gretha <b>Yo-Pilates Fusion</b>	9:30AM Gretha <b>Pilates Fusion</b>	5:30PM Sharyn <b>Old Skool Step (30min)</b>	10:30AM Gretha <b>Stretch &amp; Core</b>	New class changes denoted in grey	11:00AM Gretha <b>Yoga I &amp; II</b>	
5:30PM Sharyn <b>Cardio Burn(45min)</b>	12:00PM Sharyn <b>Stretch &amp; Core</b>	6:00PM Sharyn <b>Firm Fusion Express (30min)</b>	6:00PM Delandis <b>Cardio Latin Jazz</b>			
6:15PM Sharyn <b>Hard Core (15min)</b>	6:00PM Hakeem <b>Capoeira</b>					
7:30PM Belinda <b>Yoga (75min)</b>	7:00PM Hakeem <b>Hard Core (30min)</b>	6:30PM Sharyn <b>Yoga I &amp; II</b>				
	7:30PM Hakeem <b>Defined Behind (30min)</b>	7:30PM Delandis <b>Hip Hop</b>				

## Road Racers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15AM Susan <b>Morning Wake-up</b>	8:30AM Richard <b>Cardio Blast</b>	7:15AM Susan <b>Morning Wake-up</b>	8:30AM Jonathan <b>Road Racers</b>	8:30AM Richard <b>Fat Burn</b>	9:00AM Richard <b>Mountain Bike Madness (75min)</b>	9:00AM Marty <b>Road Racers</b>
6:15PM Marty <b>Evening Ride (75min)</b>	6:15PM Michale <b>Road Racers</b>	6:15PM Monica <b>Evening Ride (75min)</b>	6:15PM Michale <b>Road Racers</b>			

## Boxing & Kickboxing

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30AM Matthew <b>Kickboxing</b>	6:00AM Chris S. <b>Boxing</b>	9:30AM Matthew <b>Kickboxing</b>	6:00AM Chris S. <b>Boxing</b>	9:30AM Matthew <b>Kickboxing</b>	11AM Jason <b>Kickboxing</b>	10:30AM Chris S. <b>Boxing Tech.</b>
4:30PM Troy <b>Boxing</b>	9:30AM Matthew <b>Kickboxing</b>	5:30PM Hakeem <b>Kickboxing</b>	5:30PM Troy <b>Boxing</b>	5:30PM Troy <b>Boxing</b>		
5:30PM Chris S. <b>Kickboxing</b>	5:30PM Troy <b>Boxing</b>	6:30PM Troy <b>Boxing</b>	6:30PM Hakeem <b>Kickboxing</b>			
6:30PM Troy <b>Boxing</b>	7:30PM Troy <b>Boxing</b>	7:30PM Jason <b>Kickboxing</b>	7:30PM Troy <b>Boxing</b>			

## Specialty Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:30PM Jan <b>Reformer Pilates</b>				11:00AM Jan <b>Reformer Pilates</b>	

**Sign up at the Front Desk & get 2 Weeks Free for any of our Specialty Classes..**