



FITNESS SCHEDULE

JANUARY 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am - 6:15am		SPIN & STRETCH Stephanie		SPIN & STRETCH Stephanie		
6:00am - 7:00am				YOGA Amy		INSANITY 6:15am-7:00am
8:00am - 9:00am	PILATES Marci	ZUMBA Marci		ZUMBA Matt		ZUMBA Marci
9:00am - 10:00am	ZUMBA Marci	Total Body Workout Beverly	Abs & Strength Beverly	Total Body Workout Beverly	YOGA BEGINNERS LEVEL Shannon	Hot Yoga Flow 9:00-10:15 Shannon
10:00am - 11:00am	Silver Sneakers 10:15-11:15	Senior Fit Beverly	Senior Fit Beverly	Silver Sneakers Beverly	Silver Sneakers 10:15-11:15	
11:00am - 12:15pm		CHAIR YOGA 11:00-12:00PM	YOGA BEGINNERS LEVEL Shannon			
5:30pm - 6:30pm	ZUMBA Marci	SPINNING Adrienne POWER FLOW Amy (UPSTAIRS) 5:30pm-6:30pm	PILATES Marci	TOTAL BODY Jennifer	ZUMBA Marci	
6:00pm - 7:00pm	AERIAL YOGA LEVEL 1 (upstairs) Shannon	YOGA ALL LEVELS 6:30-7:45pm Shannon	ZUMBA 6:45-7:45pm Marci	YOGA ALL LEVELS 6:30-7:45pm Shannon	Fitness Hours: Mon.-Thur. 5am - 8:00pm Fri. 5am - 6:30pm Sat. 8:00am - 12:00pm Sun. 24/7 Access Only	

START YOUR NEW YEAR WITH A **NEW LOOK**

Day Care Hours:
 Mon-Fri 8:00am- 10:00am
 Mon-Thurs 5:00pm - 8:00pm
 Fri 5:30pm - 6:30pm