

## Group Fitness Schedule January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1AM</b>	<b>2AM</b> 9:30- BodyPump (Ja)
<b>3</b> 1:30PM- BodyPump (Ja)	<b>4AM</b> 5:00-Chisel(S) 6:00-Chisel(S) 7:30-Chisel(S) 9:30BodyPump(Be) 10:35-Cycling (A) <b>PM</b> 4:30-Strength (Be) 5:30-Yoga (K) 5:30-Cycling (Ja) 6:30-BodyPump(Ja)	<b>5AM</b> 5:00-Chisel (S) 6:00-Chisel (S) 7:30-Chisel(S) 9:00-Cycle(Li) 9:30-BootCamp(Be) <b>PM</b> 4:30-BootCamp(Be) 5:30-Zumba(Pr) 6:30-Kickboxing(E)	<b>6AM</b> 5:00-Chisel(S) 6:00-Chisel(S) 7:30-Chisel(S) 9:30-BodyPump(Be) 10:35-Cycling(A) <b>PM</b> 4:30-Strength (Be) 5:30-BodyPump(Ge) 6:30-BodyAttack(Ja)	<b>7AM</b> 5:00-Chisel (S) 6:00-Chisel (S) 7:30-Chisel(S) 9:00-Cycle*(Li) 9:30-BootCamp(Be) <b>PM</b> 4:30-BootCamp(Be) 5:45-Cycle*(Ja) 6:30-Strength(Ja)	<b>8AM</b> 5:00-Chisel (S) 6:00-Chisel (S) 7:30-Chisel(S) 9:30-BootCamp(Ke) 10:35-Cycling(A) <b>PM</b> 4:30-Zumba(J) 5:30-BodyPump(E)	<b>9AM</b> 9:30- BodyPump (Ge)  New Years Day 5K! 10:00AM
<b>10</b> 1:30PM- BodyPump (E)	<b>11AM</b> 5:00-Chisel(S) 6:00-Chisel(S) 7:30-Chisel(S) 9:30-BodyPump(Be) 10:35-Cycling (Be) <b>PM</b> 4:30-Strength (Be) 5:30-Yoga (K) 5:30-Cycling (Ja) 6:30-BodyPump(Ja)	<b>12AM</b> 5:00-Chisel (S) 6:00-Chisel (S) 7:30-Chisel(S) 9:00-Cycle(Li) 9:30-BootCamp(Be) <b>PM</b> 4:30-BootCamp(Be) 5:30-Zumba(Pr) 6:30-Kickboxing(E)	<b>13AM</b> 5:00-Chisel(S) 6:00-Chisel(S) 7:30-Chisel(S) 9:30-BodyPump(Be) 10:35-Cycling (A) <b>PM</b> 4:30-Strength (Be) 5:30-BodyPump(Ge) 6:30-BodyAttack(Ja)	<b>14AM</b> 5:00-Chisel (S) 6:00-Chisel (S) 7:30-Chisel(S) 9:00-Cycle*(Li) 9:30-BootCamp(Be) <b>PM</b> 4:30-BootCamp(Be) 5:45-Cycle*(Ja) 6:30-Strength(Ja)	<b>15AM</b> 5:00-Chisel (S) 6:00-Chisel (S) 7:30-Chisel(S) 9:30-BootCamp(Ke) 10:35-Cycling(A) <b>PM</b> 4:30-Zumba(J) 5:30-BodyPump(E)	<b>16AM</b> 9:30- BodyPump (E)
<b>17</b> 1:30PM- BodyPump (Ja)	<b>18AM</b> 5:00-Chisel(S) 6:00-Chisel(S) 7:30-Chisel(S) 9:30-BodyPump(Be) 10:35-Cycling (A) <b>PM</b> 4:30-Strength (Be) 5:30-Yoga (K) 5:30-Cycling (Ja) 6:30-BodyPump(Ja)	<b>19AM</b> 5:00-Chisel (S) 6:00-Chisel (S) 7:30-Chisel(S) 9:00-Cycle(Li) 9:30-BootCamp(Be) <b>PM</b> 4:30-BootCamp(Be) 5:30-Zumba(Pr) 6:30-Kickboxing(E)	<b>20AM</b> 5:00-Chisel(S) 6:00-Chisel(S) 7:30-Chisel(S) 9:30-BodyPump(Be) 10:35-Cycling (Be) <b>PM</b> 4:30-Strength (Be) 5:30-BodyPump(Ge) 6:30-BodyAttackt(Ja)	<b>21 AM</b> 5:00-Chisel (S) 6:00-Chisel (S) 7:30-Chisel(S) 9:00-Cycle*(Li) 9:30-BootCamp(Be) <b>PM</b> 4:30-BootCamp(Be) 5:45-Cycle*(Ja) 6:30-Strength(Ja)	<b>22 AM</b> 5:00-Chisel (S) 6:00-Chisel (S) 7:30-Chisel(S) 9:30-BootCamp(Ke) 10:35-Cycling(A) <b>PM</b> 4:30-Zumba(J) 5:30-BodyPump(E)	<b>23 AM</b> 9:30- BodyPump (Ja)
<b>24</b> 1:30PM- BodyPump (E)	<b>25AM</b> 5:00-Chisel(S) 6:00-Chisel(S) 7:30-Chisel(S) 9:30-BodyPump(Be) 10:35-Cycling (A) <b>PM</b> 4:30-Strength (Be) 5:30-Yoga (K) 5:30-Cycling (Ja) 6:30-BodyPump(Ja)	<b>26AM</b> 5:00-Chisel (S) 6:00-Chisel (S) 7:30-Chisel(S) 9:00-Cycle(Li) 9:30-BootCamp(Be) <b>PM</b> 4:30-BootCamp(Be) 5:30-Zumba(Pr) 6:30-Kickboxing(E)	<b>27AM</b> 5:00-No Class 6:00-No Class 7:30-Chisel(S) 9:30-BodyPump(Be) 10:35-Cycling (Be) <b>PM</b> 4:30-Strength (Be) 5:30-BodyPump(Ge) 6:30-BodyAttack(Ja)	<b>28AM</b> 5:00-Chisel (S) 6:00-Chisel (S) 7:30-Chisel(S) 9:00-Cycle*(Li) 9:30-BootCamp(Be) <b>PM</b> 4:30-BootCamp(Be) 5:45-Cycle*(Ja) 6:30-Strength(Ja)	<b>29AM</b> 5:00-Chisel (S) 6:00-Chisel (S) 7:30-Chisel(S) 9:30-BootCamp(Ke) 10:35-Cycling(A) <b>PM</b> 4:30-Zumba(J) 5:30-BodyPump(E)	<b>30AM</b> 9:30- BodyPump (Ge)
<b>31</b> 1:30PM- BodyPump (Ja)	<b>PM</b> 4:30-Strength (Be) 5:30-Yoga (K) 5:30-Cycling (Ja) 6:30-BodyPump(Ja)	<b>PM</b> 4:30-BootCamp(Be) 5:30-Zumba(Pr) 6:30-Kickboxing(E)	<b>PM</b> 4:30-Strength (Be) 5:30-BodyPump(Ge) 6:30-BodyAttack(Ja)	<b>PM</b> 4:30-BootCamp(Be) 5:45-Cycle*(Ja) 6:30-Strength(Ja)		

\*See the back of this schedule for descriptions of classes\*

\*30 Minute Classes

GX Instructors:  
A=Ashlin, Be=Becky, E=Elizabeth Ge=Gerardo, J=Jac, Ja=Jasmine,  
Ke=Kennedy, K=Kristin, Li=Lizzie, Pr=Pretz, S=Sharon