



Winter Group Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00		Body Pump w/ Lynsey	TRX With Shelia	Step/kick w/ Cindy		
8:30				LEAN		
9:00	Yoga w/ Paula	Drop a Dress Size	Yoga W/ Rhonda	Drop a Dress Size	Yoga w/ Marilyn	MaxxFit Workout
10:00	MAXXFIT Workout	Silver Sneakers W/ Claudia	MAXXFIT Workout	Silver Sneakers W/ Claudia	Drop a Dress Size	
11:00		Tai Chi W/ John		Tai Chi W/John		
12:00				Yoga w/Paula		
5:00	Jump & Pump w/ Nate		Jump & Pump w/ Nate	Drop a Dress Size		
6:00	Drop a Dress Size	MAXXFIT workout	Drop a Dress <hr/> LEAN	MAXXFIT workout	Zumba w/ Marie	
7:00	Zumba W/ Lynsey	TRX With Nate	Zumba W/ Lynsey	Body Pump With Nate		
8:00		Boxing w/ Ben & Bryan		Boxing w/ Ben & Bryan		

Winter Blues' Fighter- New Classes

Try Step/kick with Cindy on Thursdays at 5:00am

Tai Chi begins January 31st -11:00am

Boxing begins February 7th – 8:00pm