



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY GROUP EXERCISE SCHEDULE

MONDAY

6:00-6:45 AM
BODY SCULPT
With Katy

8:45-9:30 AM
STRENGTH
With Bri

9:45-10:40 AM
GENTLE YOGA
With Peg

5:30-6:15 PM
SPIN
With Luke

6:30-7:15 PM
STRENGTH
With Eva

TUESDAY

6:00-6:45 AM
CORE DE FORCE
With Katy

8:45-9:30 AM
ENERGIZE
With Luke

9:45-10:40 AM
YOGA
With Patty

5:30-6:15 PM
GENTLE YOGA
With Patty

6:30-7:15 PM
BOOTCAMP TABATA
With Eva

WEDNESDAY

6:00-6:45 AM
ZUMBA
With Lori

8:45-9:30 AM
CARDIO KICK BOXING
With Bri

9:45-10:40 AM
GENTLE YOGA
With Peg

5:30-6:15 PM
STRENGTH
With Luke

5:30-6:15 PM
CARDIO DRUMMING
With Shanna

6:30-7:15 PM
BODY SCULPT
With Katy

THURSDAY

6:00-6:45 AM
FUNCTIONAL
MOVEMENT
With Lori

8:45-9:30 AM
BUTT & GUT
With Bri

9:45-10:40 AM
YOGA
With Peg

5:30-6:15 PM
BUTT & GUT
With Luke

6:30-7:15 PM
CARDIO SCULPT
With Eva

FRIDAY

8:45-9:30 AM
ENERGIZE
With Luke

9:45-10:40 AM
YOGA
With Chiao

11:00-11:55 AM
SENIOR CHAIR YOGA
With Chiao

SATURDAY

1/3- 9:00 AM
ZUMBA With Lori
1/3- 10:00 AM
YOGA With Chiao

1/10- 9:00 AM
ENERGIZE With Luke
1/10 10:00 AM
YOGA with Peg

1/17- 9:00 AM
BODY SCULPT With Katy
1/17- 10:00 AM
YOGA with Peg

1/24- 9:00 AM
CARDIO DRUMMING With Eva
1/24 - 10:00 AM
YOGA With Chiao

1/31- 9:00 AM
ZUMBA With Lori
1/31 - 10:00 AM
ENERGIZE With Luke

Hours:

Monday - Friday: 5:30 AM - 9:00 PM

Saturday : 8:00 AM - 6:00 PM