**January/February 2020. Get Fit! Biggest Loser starts Jan. 7th. Group training monthly**

SATURDAY

8:00-9:00 am

**Spinning & Abs**

Brenda

Sunday

4:00-4:45 pm

**Zumba**

Misty

6:00-7:00 pm

**Basics Yoga**

Sharon

FRIDAY

5:30-6:15 am

**Spinning & Abs**

Steph/Molly

8:15-9:00 am

**Spinning**

Molly

WEDNESDAY

5:30-6:15 am

**Spinning & Sculpt**

Steve

8:15-9:00 am

**Per4mance**

Jeanne

5:15-6:00 pm

**Kickboxing**

Brenda

###### THURSDAY

5:30-6:15 am

**Yoga**

Laura/Haylee

8:15-9:00 am

**Per4mance**

Kim

9:00-10:00 am

**Basics Yoga**

Sharon

10:00-10:45 am

**Silver Sneakers**

Ruth

5:15-6:15 pm

**Spinning/Yoga**

Haylee

30 minutes of Spinning & 30 minutes of Yoga

###### TUESDAY

5:30-6:15 am

**Cardio Barre**

Stephanie

8:15-9:15 am

**Yoga**

Molly

10:00-10:45 am

**Silver Sneakers**

Ruth

**Group Personal Training monthly**

**Tuesdays, Thursdays, Friday’s 6:00-6:45 am,**

**sign up required.**

4:30-5:15 pm

**Spinning**

Molly

5:45-6:30 pm

**Sculpting**

Kim

###### MONDAY

5:30-6:15 am

**Boot camp**

Molly/Brenda

8:15-9:00 am

**Per4mance**

Molly

**Biggest Loser! January 6 – February 14. Space limited, sign up required.**

4:30-5:15 pm

**F.I.T**

Steph

5:30-6:30 pm

**Yoga**

Haylee/Molly