

# JANUARY



Schedules and MORE!

## Monday

5:30-6:30am Body Pump  
8:15-9:15am Bosu Circuit  
8:15-9:15am Body Combat  
8:15-9:05am **VIRTUAL** The TRIP  
9:15-9:45am Les Mills CORE  
9:15-10am **VIRTUAL** RPM  
9:20-10:20am Body Pump  
9:20-10:05am Body Balance  
11:15-12pm Silver Cardio/Strength  
12:15-1:15pm **VIRTUAL** Body Pump  
3:30-4:15pm **VIRTUAL** Born to Move  
4:30-5:15pm **VIRTUAL** Body Combat  
5:30-6:30pm Body Pump  
6-6:45pm Spin  
6-7pm Vinyasa Yoga  
6:30-7pm GRIT Strength  
7:15-8pm **VIRTUAL** The TRIP  
7:15-8pm **VIRTUAL** Body Pump

## Tuesday

5:30-6:15am Insanity  
5:30-6am **VIRTUAL** Body Pump  
6-6:30am **VIRTUAL** CORE  
8:15-9:15am Body Pump  
8:15-9am Les Mills Tone  
8:15-9am Spin  
9-10am Body Balance  
9:15-10am **VIRTUAL** The TRIP  
9:30-10:30am OULA  
10:15-10:45am **VIRTUAL** Grit Strength  
11:15-12pm Silver Yoga  
12:15-1:15pm **VIRTUAL** Body Pump  
1:15-2:15pm **VIRTUAL** Body Balance  
4:4-4:45pm **VIRTUAL** Body Pump  
6-6:30 Les Mills Sprint  
6-7pm POUND  
6-7pm Body Pump  
7:05-8:05pm **VIRTUAL** Body Balance

## Wednesday

5:30-6:30am Body Pump  
5:45-6:30am Spin  
8:15-9am Silver Strong  
8:15-9:15am Body Combat  
9:15-9:45am Les Mills CORE  
9:15-10:15am Body Pump  
9:30-10am Spin  
9:45-10:45am Gentle Yoga  
11:15-12pm Silver Cardio/Strength  
12:15-1:15pm **VIRTUAL** Body Pump  
3:30-4:15pm **VIRTUAL** Born to Move  
4:30-5:15pm **VIRTUAL** Body Combat  
5:30-6:30pm Body Pump  
6-6:45pm Spin  
6-7pm OULA  
6:30-7pm GRIT Strength  
7-8pm Body Combat  
7-7:45pm **VIRTUAL** RPM  
7:15-8pm **VIRTUAL** Body Pump

## Thursday

5:30-6:15am Insanity  
5:30-6am **VIRTUAL** Body Pump  
6-6:30am **VIRTUAL** CORE  
8:15-9:15am Body Pump  
8:15-9am Spin  
8:15-9am Les Mills Tone  
9-10am Body Balance  
9:15-10am **VIRTUAL** RPM  
9:30-10:30am Zumba  
12:15-1:15pm **VIRTUAL** Body Pump  
4-4:45pm **VIRTUAL** Body Combat  
6-7pm Body Pump  
6-6:30pm Sprint

## Friday

5:30-6:30am Body Pump  
8:15-9am Silver Strong  
8:15-9:15am Bosu Circuit  
9:9:45am **VIRTUAL** RPM  
9:15-9:45am Barre  
9:20-10:20am Body Pump  
9:30-10:30am Zumba  
10:30-11:15am **VIRTUAL** Body Combat  
11:15am-12pm Silver Yoga  
5-5:30pm **VIRTUAL** GRIT Strength  
5:30-6:15pm **VIRTUAL** Body Balance

**No Sign Ups Needed!**



## Saturday

8-8:45am Spin  
8:15-9:15am Body Combat  
8:15-8:45am GRIT Strength  
9-10am Body Pump  
9-9:45am **VIRTUAL** The Trip  
9:15-10am **VIRTUAL** Body Balance  
10-11am OULA  
10:15-10:45 **VIRTUAL** Sprint  
10:30-11:30am **VIRTUAL** Body Pump

## Sunday

8:15-8:45am **VIRTUAL** Grit Strength  
9-10am **VIRTUAL** Body Combat  
10-11am **VIRTUAL** Body Pump  
10-10:45 am Power Yoga  
4-5pm **VIRTUAL** Body Pump  
5-6pm **VIRTUAL** Body Balance

**GROUP FITNESS is** **for MEMBERS**  
Try Aquatic Fitness too!



**Fitness**  
is FUN!



means the class is virtually presented on the big screens in our fitness studios