

strength & toning

MONTHLY CLASS SCHEDULE



JANUARY



CHOICE
HEALTH & FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 HAPPY NEW YEAR! NO CLASSES	2 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Claire 10:15-11:00 am (G2)	3 BODYPUMP Katya 10:00-11:00 am (G2)	4 BODYPUMP Humberto 10:45-11:45 am (G2)
5 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) BODYPUMP Humberto 7:00-8:00 pm (G2)	6 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Tammy 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2)	7 BODYPUMP Humberto 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) SS Classic Kelley 11:00-11:45 am (Y1) BODYPUMP Sandy 5:15-6:00 pm (G2)	8 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP TBD 4:45-5:45 pm (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	9 BODYPUMP TBD 5:30-6:30 am (G2) BODYPUMP Katya 10:15-11:00 am (G2)	10 BODYPUMP Alyssa 10:00-11:00 am (G2)	11 BODYPUMP Humberto 10:45-11:45 am (G2)
12 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	13 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Claire 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2)	14 BODYPUMP Humberto 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) SS Classic TBD 11:00-11:45 am (Y1) BODYPUMP Sandy 5:15-6:00 pm (G2)	15 Senior Fun & Fit Brynn 8:45-9:30 am (G2) Senior Circuit Brynn 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP TBD 4:45-5:45 pm (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	16 BODYPUMP TBD 5:30-6:30 am (G2) BODYPUMP Claire 10:15-11:00 am (G2)	17 BODYPUMP Riley 10:00-11:00 am (G2)	18 BODYPUMP Humberto 10:45-11:45 am (G2)
19 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Riley 9:00-10:00 am (G2) BODYPUMP Humberto 7:00-8:00 pm (G2)	20 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Yvonne 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2)	21 BODYPUMP Humberto 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) SS Classic Kelley 11:00-11:45 am (Y1) BODYPUMP Sandy 5:15-6:00 pm (G2)	22 Senior Fun & Fit Brynn 8:45-9:30 am (G2) Senior Circuit Brynn 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP Yvonne 4:45-5:45 pm (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	23 BODYPUMP Yvonne 5:30-6:30 am (G2) BODYPUMP Katya 10:15-11:15 am (G2)	24 BODYPUMP Alyssa 10:00-11:00 am (G2)	25 BODYPUMP Katya 10:45-11:45 am (G2)
26 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Claire 9:00-10:00 am (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	27 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Tammy BODYPUMP Alyssa 4:45-5:45 pm (G2)	28 BODYPUMP Yvonne 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:30 am (G2) SS Classic Kelley 11:00-11:45 am (Y1) BODYPUMP Sandy 5:15-6:00 pm (G2)	29 Senior Fun & Fit Brynn 8:45-9:30 am (G2) Senior Circuit Brynn 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP Yvonne 4:45-5:45 pm (G2) BODYPUMP Riley	30 JMP Yvonne 5:30-6:30 am (G2) BODYPUMP Amber 10:15-11:15 am (G2)	31 BODYPUMP Sandy 10:00-11:00 am (G2)	

PLEASE NOTE: Instructor schedules are posted at the beginning of the month and are subject to change.