

# strength & toning

## MONTHLY CLASS SCHEDULE



JANUARY 2025



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

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