

Group Fitness

January

2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Classes/Instructors
6:00 a.m. :50 mins	Spin Donald Rng		Spin Donald Rng				Cycling Don Ring
7:00 a.m. :55 mins		Water Aerobics Martha		Water Aerobics Martha			Water Aerobics Bonnie Morgan James Cartwright Uvon Perkins Martha Williams
8:00 a.m. :55 mins	Water Aerobics Bonnie	Cardio Express Barb (30 minutes)	Water Aerobics Bonnie	Cardio Express Barb (30 minutes)	Water Aerobics Bonnie		
8:30 a.m. :55 mins						Bootcamp! Miranda/Barb	Step & Sculpt Karen Hildreth Barb Towe
8:30 a.m. :55 mins	Yoga Karen	Strength and Length Barb	Step & Sclupt Barb	Strength and Length Barb		Step & Sclupt Barb	
9:35 a.m. :55 mins	Tabata Carla			Cardio Jam Carla	Lift and Move Carla		Cardio Jam/Tabata Carla Gwaltney
10:00 a.m. 55 mins		Yoga Karen					Zumba Grace Absher Miranda Dalton Karen Britt
11:00 a.m. 55 mins		Water Aerobics Carol		Water Aerobics Carol			
1:30 p.m. 55 mins		Silver Sneakers crystal/shannon			Silver Sneakers crystal/shannon		Rumble Melissa Turner
4:30 p.m. :55 mins	ZUMBA Grace	Barbell & Abs Karen	Spin Melissa Turner	Barbell & Abs Karen	ZUMBA Grace		Detox Miranda Dalton
5:30 p.m. :55 mins	Yoga Karen	Tabata Carla	Yoga Ranee	Rumble Melissa			Yoga Karen and Ranee
5:00 p.m. :55 mins		Theraquatics Evon		Theraquatics Evon			Strength/Flexibility Barb Towe
6:30 p.m. :55 mins	Bootcamp! Carla	Bootcamp! Dustin/Melissa		Bootcamp! Dustin/Melissa			Silver Sneakers Shannon/Crystal
							Cross Train Melissa Turner
							R.I.P.P.E.D Melissa Turner