

JANUARY GROUP EXERCISE SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday
8:00 a.m.	Water Aerobics (Mary)			Water Aerobics (Mary)
8:45 a.m.				
9:00 a.m.				
3:30 p.m.			Spin/TRX Combo (Loralee) *limit 8	
4:00 p.m.	Spin/TRX Combo (Loralee) *limit 5			
4:30 p.m.	Dance Tone + Step (Elaine)	Dance Tone (Susan)		
4:45 p.m.	TRX Class (Loralee) *limit 5			TRX Class (Loralee) *limit 5
5:00 p.m.	Water Aerobics (Charlotte)			Water Aerobics (Charlotte)
5:30	Tone (Elaine)			
6:00 p.m.				Kickboxing (Allen)

- All classes are free with a paid membership or a walk-in fee of \$5.00