


JANUARY 2021

WEEKEND SCHEDULE

Saturday	2	9	16	23	30
GROUP EX					
8:30-9:15  LES MILLS BODYPUMP	Cammie	Heather	Pam	Nancy W.	Pam
9:30-10:00 LES MILLS CXWORX	Lee	Heather	Pam	Nancy W.	Kelly
11:15-12:00 <i>Sr Cardio Dance</i>	Nancy	Teresa	Teresa	Teresa	Teresa
8:30-9:15 SPIN	Lee	Angie	Kaitlyn	Owenne	Rogerick
9:30-10:15 AQUA Rotation	Donna A.	Amy	Julia	Donna A.	Julia
9:30-10:15 OUTDOOR CLASS	YOGA Jennifer	YOGA Jennifer	YOGA Jennifer	YOGA Jennifer	YOGA Jennifer
Sunday	3	10	17	24	31
1:30-2:15 Step Express	Mechelle	Mechelle	Mechelle	Mechelle	Mechelle
2:00 Deep Water Running	Jennifer	Jennifer	Jennifer	Jennifer	Jennifer
2:30-3:15  LES MILLS BODYPUMP	Heather	Pam	Heather	Heather	Heather
3:30-4:15 Yoga	Jennifer	Jennifer	Jennifer	Jennifer	Jennifer

