

FREE FITNESS CLASS WEEK JANUARY 21-26

Aerobics:

<u>Day</u>	<u>Class</u>	<u>Time</u>	<u>Room Location</u>	<u>Instructor</u>
Monday	Pound	12:10m	Ernie Davis	Katie
Wednesday	Pound	5:10pm	Ernie Davis	Katie

Sculpt & X-Training:

Wednesday	Power Hour	6:55am	Flanagan	Donna
T / TH	Total Body	12:10pm	Flanagan	Karen
Wednesday	Core n'More	5:15pm	Flanagan	Donna
Thursday	Total Body	6:10pm	Flanagan	Janice

Mind/Body:

Sunday	Yoga	6:00pm	Flanagan	Linda
M / W	Yoga	12:05pm	Flanagan	Linda
M / W	Yoga	6:05pm	Flanagan	Alex
T / TH	Yoga	5:00pm	Ernie Davis	Brianna
T / TH	Yoga'lates	5:10pm	Flanagan	Linda
Friday	Mat Pilates	11:00am	Flanagan	Madi

Cycle:

M / W	Cycle 50	5:10pm	Flanagan Racquetball Crt 009	Sara
T / TH	Cycle 50	6:55am	Flanagan Racquetball Crt 009	Donna
Tuesday	Cycle 50	5:30pm	Flanagan Racquetball Crt 009	Janice

NO PiYo, Restorative Yoga, Fencing, Swim Lessons, Aqua Fitness (Shallow or Hydorrider), Golf or RAD.

