

# JANUARY

## — CLASS SCHEDULE —

### MONDAY

5:00 am	●●● Group Personal Training (pd)	Orlando
5:30 am	●●● Cardio & Weights	Adrienne
6:00 am	●●● Group Personal Training (pd)	Orlando
8:45 am	●●● Cardio & Weights	Di
9:00 am	●●● Group Personal Training (pd)	Orlando
11:30 am	●●● Indo-Row	Paul
4:00 pm	●●● HS/Youth Strength & Conditioning (pd)	Orlando
5:30 pm	●●● Yoga	Nicole
5:30 pm	●●● Spinning	Kendra
5:30 pm	●●● Group Personal Training (pd)	Orlando
5:30 pm	●●● Core & Balance	Di
6:30 pm	●●● Group Personal Training (pd)	Orlando

### TUESDAY

5:30 am	●●● Row & Weights	Gina
6:00 am	●●● Cardio Boot Camp (pd)	Orlando
9:00 am	●●● Yoga	Christine
9:00 am	●●● Circuit Breaker	Dawn
10:30 am	●●● Veterans Row	Gina
4:30 pm	●●● Group Train	Alison
5:30 pm	●●● Cardio Sculpt	Kerri
6:30 pm	●●● TRX	Jessica

### WEDNESDAY

5:00 am	●●● Group Personal Training (pd)	Orlando
6:00 am	●●● Group Personal Training (pd)	Orlando
9:00 am	●●● Group Personal Training (pd)	Orlando
9:00 am	●●● Cardio Barre	Sherry
9:30 am	●●● Fit Fusion Strength	Danielle
4:30 pm	●●● Mobility and Stretch	Mark C.
4:30 pm	●●● Little Ninjas (pd) [6-9yrs old]	Orlando
5:30 pm	●●● Group Personal Training (pd)	Orlando
5:30 pm	●●● Row & Weights	Gina
6:00 - 6:30 pm	●●● Jillian Michael's Body Shred	Sara
6:30 pm	●●● Group Personal Training (pd)	Orlando

● Strength

● Stretch

● Cardio

- Spinning, TRXtra, Indo-Row, & Urban Rebounding classes require 24 hour sign up
- Specialty classes are paid classes (Pd)
- Classes will be canceled if less than 3 people attend

#### CLUB HOURS

Mon - Thur 5:00 am - 9:30 pm

Fri 5:00 am - 8:30 pm

Saturday 7:00 am - 5:00 pm

Sunday 7:00 am - 12:00 pm

### THURSDAY

5:30 am	●●● Row & Weights	Gina
6:00 am	●●● Cardio Bootcamp (pd)	Orlando
9:00 am	●●● Pilates Sculpt	Sherry
11:30 am	●●● Indo-Row	Paul
4:00 pm	●●● HS/Youth Strength & Conditioning (pd)	Orlando
4:30 pm	●●● Group Training	Di
5:30 pm	●●● Kettlebells	Jess
5:30 pm	●●● Spinning	Anne

### FRIDAY

8:45 am	●●● Cardio Kick & TRX	Di
9:00 am	●●● Cardio Barre	Sherry
9:00 am	●●● Group Personal Training (pd)	Orlando
10:30 am	●●● Prime Time	Gina

### SATURDAY

7:00 am	●●● Group Personal Training (pd)	Orlando
7:15 am	●●● Beach Body	Ali B
8:00 am	●●● Group Personal Training (pd)	Orlando
8:00 am	●●● Spinning	Kim
8:15 am	●●● Step & Weights	Kerri
9:00 am	●●● TRX	Di
9:30 am	●●● Learn to Spin (last Sat. of month)	Dom
10:00 am	●●● HS/Youth Strength & Conditioning (pd)	Orlando
11:00 am	●●● Learn to Row (first Sat. of month)	Paul

### SUNDAY

8:00 am	●●● Spinning	Dom
8:30 am	●●● Urban Rebounding	Sherry
10:00 am	●●● Boot Camp (pd)	Kayla



#### NUTRITION TALK

Monday, January 14th  
at 6:30pm

Fueling for Optimum  
Performance