

JANUARY GROUP EX SCHEDULE

NEW! All classes are also available virtually through Mindbody live streaming at no additional cost.

Reserve your spot in Mindbody starting at midnight two days before your live or virtual class.
Registration closes 30 minutes before class starts. Links for virtual classes will be sent at that time.
Any additional spaces in in-person classes will be filled on a first-come-first-served basis.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CARDIO CRAZE 6:15 - 7:00 a.m. gym/virtual with Ashley	SPINNING 6:15 - 7:00 a.m. comm. room/virtual with Jess	CARDIO CRAZE 6:15 - 7:00 a.m. gym/virtual with Ashley	LO/HI CIRCUIT 7:00 - 7:45 a.m. gym/virtual with Cassie	SPINNING 6:15 - 7:00 a.m. comm. room/virtual with Jess	SPINNING 8:00 - 8:45 a.m. comm. room/virtual with Cassie
PUMP IT UP 8:15 - 9:00 a.m. gym/virtual with Theresa	TRX BODY POWER 8:45 - 9:30 a.m. gym/virtual with Sam	SPINNING 8:15 - 9:15 a.m. comm. room/virtual with Theresa	ESSENTRICS 8:15 - 9:15 a.m. community room with Carolyn	TONE CENTRAL 9:30 - 10:15 a.m. gym/virtual with Sam	TABATA 9:00 - 9:45 a.m. gym/virtual with Theresa
SPINNING 9:30 - 10:30 a.m. comm. room/virtual with Theresa	MAT PILATES 9:30 - 10:30 a.m. virtual with Lynn	ESSENTRICS 9:30 - 10:30 a.m. community room with Carolyn	BEGINNER TRX 8:45 - 9:15 a.m. gym/virtual with Theresa	SPINNING 9:30 - 10:30 a.m. comm. room/virtual with Theresa	KUNDALINI YOGA 9:15 - 10:45 a.m. community room with Moni
SILVER SNEAKERS 12:00 - 12:45 p.m. virtual with Jess	ESCAPE 9:45 - 10:30 a.m. gym/virtual with Dante	CIRCUIT TRAINING 9:45 - 10:30 a.m. gym/virtual with Theresa	ADV./INT. TRX 9:30 - 10:15 a.m. gym/virtual with Theresa	SILVER SNEAKERS 12:00 - 12:45 p.m. virtual with Theresa	MIXXED FIT 10:00 - 11:00 a.m. gym/virtual with Erin
SPINNING 7:15 - 8:00 p.m. comm. room/virtual with Amy	YOGA 10:00 - 11:00 a.m. comm. room/virtual with Theresa	SILVER SNEAKERS 12:00 - 12:45 p.m. virtual with Theresa	ADV./INT. PILATES 9:30 - 10:30 a.m. virtual with Lynn		
	APP. ESSENTRICS 11:00 a.m.-12:00 p.m. community room with Charlie	TRX BODY POWER 6:00 - 6:45 p.m. gym/virtual with Dante	BOOTCAMP 6:00 - 6:45 p.m. gym/virtual with Dante		SPINNING 9:15 - 10:00 a.m. comm. room/virtual with Jen
	VINYASA YOGA 7:00 - 8:00 p.m. virtual with Alyssa	SPINNING 7:15 - 8:00 p.m. comm. room/virtual with Amy	VINYASA YOGA 7:00 - 8:00 p.m. virtual with Alyssa		MAT PILATES 9:30 - 10:30 a.m. virtual with Brittany

SUNDAY