

January 2018 Fitness Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Rec Center Closed Happy New Year	2 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.	3 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30	4 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.	5 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	6
7 NEW CLASS STARTS ON JAN 8th. Check out PiYo with Jo on Monday and Wednesday nights!!!!	8 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 6:00-6:45 am Aquasthenics 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	9 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.	10 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	11 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.	12 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	13
14	15 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 6:00-6:45 am Aquasthenics 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	16 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.	17 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	18 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.	19 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	20
21	22 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 6:00-6:45 am Aquasthenics 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	23 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.	24 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	25 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.	26 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch	27
28	29 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 6:00-6:45 am Aquasthenics 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	30 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30 6:00-6:45 pm F.I.T.	31 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	Classes in BLUE are held in the indoor pool		