



# Fitness Class Schedule



## JANUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 No Class Happy New Year	3 No Class	4 9:00-10:00am Spin Orientation	5 9:00-10:00am Spin Orientation	6 9:00-10:00am Yoga- Callie	7 8:00-9:00am Spin Orientation
9 9:00-10:00am Yoga- Sharon	10 9:00-10:00am Boot Camp- Holly 6:00-7:00pm Yoga- Jon Ahern	11 9:00-10:00am Chisel- Kendra	12 9:00-10:00am Spin- Tanya 6:00-7:00pm Cardio- Erica	13 9:00-10:00am Yoga- Callie	14 8:00-9:00am Kickboxing- Melissa
16 9:00-10:00am Yoga- Sharon	17 9:00-10:00am Spinning- Tanya 6:00-7:00pm Yoga- Jon Ahern	18 9:00-10:00am Chisel- Kendra	19 9:00-10:00am Cardio- Erica 6:00-7:00pm Spin- Tanya	20 9:00-10:00am Yoga- Callie	21 8:00-9:00am Kickboxing- Melissa
23 9:00-10:00am Yoga- Sharon	24 9-10:00am- Spin 9-10:00am- KB*-Holly 6:00-7:00pm Yoga- Jon Ahern	25 9:00-10:00am Chisel- Kendra	26 9:00-10:00am Spin- Tanya 6:00-7:00pm Cardio- Erica	27 9:00-10:00am Yoga- Callie	28 8:00-9:00am Boot Camp- Holly
30 9:00-10:00am Yoga- Sharon	31 9-10:00am- Spin 9-10:00am- BC*-Holly 6:00-7:00pm Yoga- Jon Ahern	*KB-Kickboxing *BC-Boot Camp	Cardio by Erica is Cardio Dance		Spinning will be located in the One to One Studio