



January Group Fitness Schedule

12/29/2024-1/25/2025

Class Key:	Low Intensity	Low-Medium Intensity	Medium Intensity		Med-High Intensity	High Intensity
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.	CrossFit	CrossFit	CrossFit	CrossFit		
8:00 a.m.	"RIDE" Cycling Studio Jacki		"RIDE" Cycling Studio Jacki		"SPIN" Cycling Studio Renea	
8:45 a.m.				 Cycling Studio Luisa		
9:00 a.m.	FITnWELL "R.E.P.S." Studio 1 Sherry		FITnWELL "R.E.P.S." Studio 1 Sherry		FITnWELL "R.E.P.S." Studio 1 Sherry	
9:30 a.m.	 "30" Studio 1 Jacki		 "30" Studio 1 Jacki			
12:00 p.m.	Zumba Studio 1 Krystal	 Cycling Studio Luisa	Boot Camp The Sweat Zone Shirley		Pilates Mat Cycling Studio Amy	
	Boot Camp The Sweat Zone Shirley	Pop Fan Fitness Studio 1 Krystal	"Steppin' It" Studio 1 Colleen	Dance Hall Fitness Studio 1 Krystal		
		Total Body Sculpt The Sweat Zone Alexis		Total Body Sculpt The Sweat Zone Alexis		
5:15p.m.	CrossFit	CrossFit	CrossFit	CrossFit		
5:30p.m.	YOGALATES Cycling Studio Renea	Total Body Sculpt The Sweat Zone Coleman	MIXEDFIT Studio 1 Cheryl	Pop Fan Fitness Cycling Studio Krystal		
	"Steppin' It" Studio 1 Colleen	"Raise The Bar" Studio 1 Adrienne	"Crunch & Burn" Cycling Studio Krystal	"Raise The Bar" Studio 1 Adrienne		
				Total Body Sculpt The Sweat Zone Coleman		

