



# January 2020

# Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Barre- \$10/class or \$20/4 classes Total Body Workout- \$6 Community Yoga- \$5 <b>*NEW* \$5 annual class pass required for non- facility pass holders</b>	SHiNE Dance Fit- \$5 Kids Hip Hop-\$30/month Adult Dance Fit- \$5	1  CLOSED	2  9a Barre Fit  5:30p Barre Fit	3  9a Total Body Workout	4  9a SHiNE Dance Fit
5  CLOSED	6  9a Total Body Workout  5:30p Community Yoga	7  7:45a Barre Fit 9a SHiNE Dance Fit 5:30p Barre Fit	8  9a Total Body Workout 4:45 Kids Hip Hop 5:30 Adult Dance Fitness	9  9a Barre Fit  5:30p Barre Fitness	10  9a Total Body Workout	11  9a SHiNE Dance Fit
12  CLOSED	13  9a Total Body Workout	14  7:45a Barre Fit 9a SHiNE Dance Fit 5:30p Barre Fitness	15  9a Total Body Workout 4:45 Kids Hip Hop 5:30 Adult Dance Fitness	16  9a Barre Fit  5:30p Barre Fit	17  9a Total Body Workout	18  9a SHiNE Dance Fit
19  CLOSED	20  <b>Closed For MLK Day</b>	21  7:45a Barre Fit 9a SHiNE Dance Fit 5:30p Barre Fit	22  9a Total Body Workout 4:45 Kids Hip Hop 5:30 Adult Dance Fitness	23  9a Barre Fit  5:30p Barre Fit	24  9a Total Body Workout	25  9a SHiNE Dance Fit
26  CLOSED	27  9a Total Body Workout	28  7:45 Barre Fit 9a SHiNE Dance Fit 5:30p Barre Fit	29  9a Total Body Workout 4:45 Kids Hip Hop 5:30 Adult Dance Fitness	30  9a Barre Fit  5:30p Barre Fit	31  9a Total Body Workout	

## Exercise Classroom





# January 2020

# Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Flexibility Flow- \$10 Senior Tap- \$10 Restorative Yoga- Donation <b>*NEW* \$5 annual class pass required for non- facility pass holders</b>	Line Dance- \$5 (For 5-8pm) Kids Yoga- \$5 Zumba- \$5 Retro Yoga- \$5		1  CLOSED	2  4p Wrestling (CR #9)	3  5:30p Restorative Yoga (CR #2)  6p Zumba (CR #9)	4
5  CLOSED	6 8:30a Flexibility Flow (CR #2)  5-8p Line Dance (CR #9)	7 8:30a Retro Yoga (CR #2) 1:30p Senior Tap (CR #9) 4p Wrestling (CR #9)	8 8:30a Flexibility Mobility Flow (CR #2)	9  4p Wrestling (CR #9) 5p Kids Yoga (CR #2)	10  5:30p Restorative Yoga (CR #2)  6p Zumba (CR #9)	11
12  CLOSED	13 8:30a Flexibility Flow (CR #2)  5-8p Line Dance (CR #9)	14 8:30a Retro Yoga (CR #2)  1:30p Senior Tap (CR #9) 4p Wrestling (CR #9) 4p Youth Fit (CR#2)	15 8:30a Flexibility Mobility Flow (CR #2)	16  4p Wrestling (CR #9) 5p Kids Yoga (CR #2)	17  5:30p Restorative Yoga (CR #2)  6p Zumba (CR #9)	18
19  CLOSED	20 <b>Closed For MLK Day</b>	21 8:30a Retro Yoga (CR #2)  1:30p Senior Tap (CR #9) 4p Wrestling (CR #9) 4p Youth Fit (CR#2)	22 8:30a Flexibility Mobility Flow (CR #2)	23  4p Wrestling (CR #9) 5p Kids Yoga (CR #2)	24  5:30p Restorative Yoga (CR #2)  6p Zumba (CR #9)	25
26  CLOSED	27 8:30a Flexibility Flow (CR #2)  5-8p Line Dance (CR #9)	28 8:30a Retro Yoga (CR #2) 1:30p Senior Tap (CR #9) 4p Wrestling (CR #9) 4p Youth Fit (CR#2)	29 8:30a Flexibility Mobility Flow (CR #2)	30  4p Wrestling (CR #9) 5p Kids Yoga (CR #2)	31  5:30p Restorative Yoga (CR #2)  6p Zumba (CR #9)	

**Classrooms #2 and #9**