



January 2022

SUN	MON	TUES	WED	THU	FRI	SAT
	Instructors: EC Emily Coleman JM Jené Moorhouse KM Katie Moortel CH Cymantha Hess SN Sica Nielsen BJ Barbara Jiron	Instructors: MD Maria Diaz RD Rey Drummond SG Steffi Gooding SW Stephanie Whipple KK Kirsten Kieffer HH Heather Holdaway				1 US Holiday Happy New Year! 1000-1700
2	3 0900 Foam Rolling SN 1145 FFT BJ Fusion 1730 Total Body SW fusion 1800 Zumba KM 1c	4 0615 PT Spin MD 1015 Yoga Burn HH 1145 Pump CH 1715 FFT RD fusion	5 1145 Spin CH 1200 Yoga EC 1c 1730 ButtsNGuts BJ fusion 1800 Zumba JM 1c	6 0615 PT Spin MD 1015 Yoga Burn HH 1145 Pump CH 1700 Spin BJ 1800 FFT SG	7 0900 Zumba JM 1c	8 Fitness Resolution 1000-1300 FREE CLASSES!
9	10 0900 Foam Rolling SN 1145 FFT BJ Fusion 1730 Total Body SW fusion 1800 Zumba KM 1c	11 0615 PT Spin MD 1015 Yoga Burn HH 1145 Pump CH 1715 FFT BJ fusion	12 1145 Spin CH 1200 Yoga EC 1c 1730 ButtsNGuts BJ fusion 1800 Zumba JM 1c	13 0615 PT Yoga KK 0615 PT Spin MD 1015 Yoga Burn HH 1145 Pump CH 1700 Spin BJ 1800 FFT SG	14 Training Holiday 0830-1700	15 0900 FFT BJ
16	17 Martin Luther King Holiday 0830-1700	18 0615 PT Spin MD 1015 Yoga Burn HH 1145 Pump CH 1715 FFT RD fusion	19 1145 Spin CH 1200 Yoga EC 1c 1700 Spin SG 1730 ButtsNGuts BJ fusion 1800 Zumba JM 1c	20 0615 PT Yoga KK 0615 PT Spin MD 1015 Yoga Burn HH 1145 Pump CH 1700 Spin BJ 1800 FFT SG	21 0900 Zumba JM 1c	22 0900 FFT RD
23/30	24/31 0900 Foam Rolling SN 1145 FFT BJ Fusion 1730 Total Body SW fusion 1800 Zumba KM 1c	25 0615 PT Spin MD 1015 Yoga Burn HH 1145 Pump CH 1715 FFT RD fusion	26 1145 Spin CH 1200 Yoga EC 1c 1700 Spin SG 1730 ButtsNGuts BJ fusion 1800 Zumba JM 1c	27 0615 PT Yoga KK 0615 PT Spin MD 1015 Yoga Burn HH 1145 Pump CH 1700 Spin BJ 1800 FFT SG	28 0900 Zumba JM 1c	29 0900 FFT RD

January Biggest Loser and Boot Camp

8 Week Biggest Loser Challenge
 \$189 PP Starts Jan 24-Mar 24

6 Week Boot Camp
 \$169 PP Starts Feb 1-Mar 17

Sign up for:

Small Group Classes with Emily
ecoleman7@yahoo.com
 Power Yoga 1000 Monday and Wednesday
 Register Now until Jan 3rd, 2022
 \$55 for 10 sessions

Small Group Classes with Heather
strongholdaway@gmail.com
 Yoga Flows 0900 Tuesdays and Thursdays
 Register
 \$45 for 8 sessions

*** Fitness Resolution***
 January 8th from 1000-1300
 Our Annual Fitness Resolution where you can sample all the classes we offer, talk to a trainer and sign up for Boot Camp and Biggest Loser.