

January 2025

SUN	MON	TUE	WED	THU	FRI	SAT	
Instructors: AF Augusta Fehn AO Aida Otieno LG Lucie Geraci NK Nelli Klygina		RD Rey Drummond ME Melissa Elam BS Brittani Stokes CD Caroline Dozier SR Shawn Robertson		1 New Year's Day Federal Holiday 24hr Access Only	2 1000 Tabata NK 1C 1600 Krav Maga SR 1C 1715 FFT 101 FUS	3 0930 Pump NK 1C 1045 POP Pilates NK 1C	4 0900 FFT 101 FUS
Class Price: \$5 w/ 10 Pass Package \$6 / Drop In		Fitness Rooms: MB = Mind and Body FUS = Fusion 1C Spin					
5 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin 1600 Krav Maga SR 1C	6 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin 1600 Krav Maga SR 1C	7 1000 Step NK 1C 1715 FFT 101 FUS 1800 Salsa I ME MB	8 0900 Beg. Yoga CD 1C 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG FIT ME MB	9 0900 Kickboxing CD MB 1000 Tabata NK 1C 1115 BANG FIT ME 1C 1600 Krav Maga SR 1C 1715 FFT 101 FUS 1800 Salsa II ME MB	10 0900 Beg. Yoga CD MB 0930 Pump NK 1C 1045 POP Pilates NK 1C	11 0900 FFT 101 FUS 1000 Beg. Yoga CD MB	
12 FITNESS CLASS AT ACS 0930 Core NK ACS 1045 POP Pilates NK ACS	13 FITNESS CLASS AT ACS 0930 Core NK ACS 1045 POP Pilates NK ACS	14 FITNESS CLASS AT ACS 1800 Salsa I ME ACS	15 FITNESS CLASS AT ACS 0900 Beg. Yoga CD ACS 1000 Core NK ACS	16 FITNESS CLASS AT ACS 0900 Kickboxing CD ACS 1000 Tabata NK ACS 1115 BANG FIT ME ACS 1800 Salsa II ME ACS	17 Training Holiday 0830-1700 FITNESS CLASS AT ACS 0930 Core NK ACS 1045 POP Pilates NK ACS	18 1000 Beg. Yoga CD MB	
19 Birthday MLK, Jr. Holiday 0830-1700 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin 1600 Krav Maga SR 1C	20 Birthday MLK, Jr. Holiday 0830-1700 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin 1600 Krav Maga SR 1C	21 1000 Step NK 1C 1715 FFT 101 FUS 1800 Salsa I ME MB	22 0900 Beg. Yoga CD 1C 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG FIT ME MB	23 0900 Kickboxing CD MB 1000 Tabata NK 1C 1115 BANG FIT ME 1C 1600 Krav Maga SR 1C 1715 FFT 101 FUS 1800 Salsa II ME MB 1830 Zumba BS 1C	24 0900 Beg. Yoga CD MB 0930 Pump NK 1C 1045 POP Pilates NK 1C	25 1000 Beg. Yoga CD MB	
26 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin 1830 Yoga BS MB	27 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin 1830 Yoga BS MB	28 1000 Step NK 1C 1715 FFT 101 FUS	29 0900 Beg. Yoga CD 1C 1130 Pump NK 1C 1145 Spin AO Spin	30 0900 Kickboxing CD MB 1000 Tabata NK 1C 1715 FFT 101 FUS 1830 Zumba BS 1C	31 0900 Beg. Yoga CD MB 0930 Pump NK 1C 1045 POP Pilates NK 1C		

1700-1800 Mon. & Wed.: January 6– February 12 Join our fitness instructor, Hava with a six-week-long Express Boot Camp. This comprehensive Boot Camp will target your entire body, increase your cardiovascular endurance, strength conditioning, overall health and push you to your limits. Expect to work indoors and outdoors, get dirty, sweaty and work hard. Make sure to come dressed in layers in case of inclement weather and bring water and a towel. Caution: This program is guaranteed to be fun, interactive and intense. \$205 pp

