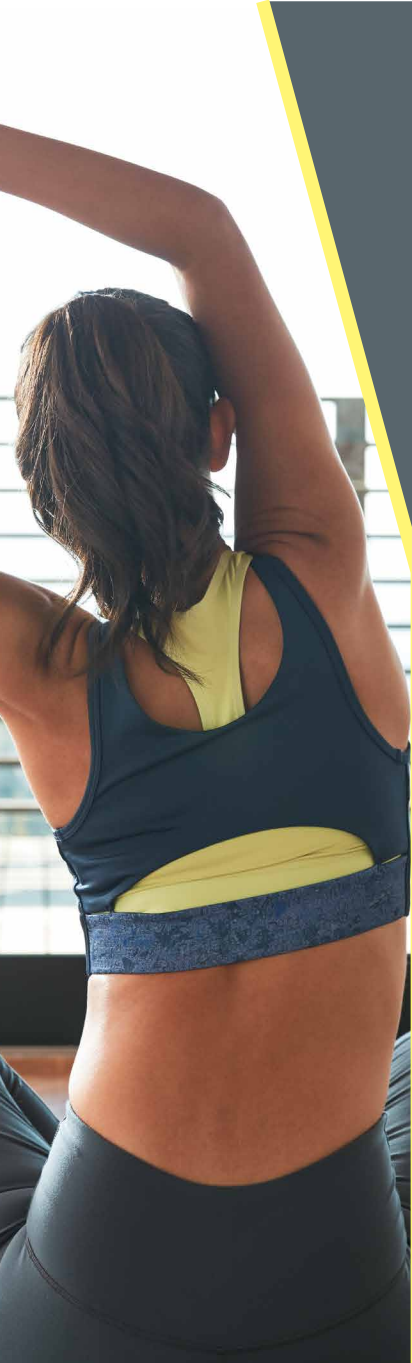


JANUARY FITNESS SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 7AM Pilates Stretch – Tovah 8AM Spin & Sculpt – Tovah 5PM Restorative Yoga – Pam	2 6:30AM Spin – Tovah 8AM Circuit 360 – Pam C 8:30AM Posture Fitness – Sarah 8:30AM H.I.I.T. - Wesley 9:30AM Hatha Yoga – Pam 10:30AM Deep Treatment Tissue - Pam 5PM Spin - Kristin	3 7:15AM Spin & Stretch – Tovah 8:15AM Spin & Sculpt – Tovah 8:30 AM Fun & Fit – Kristin 9:30 AM Pilates Fusion – Tovah 9:30AM Function & Flow – Sarah 5PM Restorative Yoga - Pam	4 8:30AM Posture Fitness – Sarah 8:30AM Circuit 360 – Pam C 8:30AM H.I.I.T. - Wesley 9:30AM Hatha Yoga – Pam 10:30AM Gentle Yoga - Pam 4PM Foam Rolling - Kristin 5PM Spin – Kristin	5 6:30AM Spin – Tovah 9AM Yoga Stretch – Pam	6 8AM 45 & Done - Pam 9AM Rise & Shine Yoga – Pam 10AM Meditation- Pam
7 8AM Spin – Kristin	8 7AM Pilates Stretch – Tovah 7AM TRX- Linda 8AM Spin & Sculpt – Tovah 8:30AM 360 Circuit - Linda 8:30AM Basic Strength - Kristin 9:30AM- Function & Flow – Sarah 5PM Restorative Yoga - Pam	9 6:30AM Spin – Tovah 7AM Strong & Fit – Linda 8AM Circuit 360 – Pam C 8:30AM Posture Fitness – Sarah 8:30AM H.I.I.T. - Wesley 9:30AM Yoga – Pam 10:30AM Deep Treatment Tissue - Pam 4PM Pop Pilates – Linda 5PM TRX + Yoga - Linda 5PM Spin - Kristin	10 7AM Yoga - Linda 7:15AM Spin & Stretch – Tovah 8:15AM Spin & Sculpt – Tovah 8:30 AM Fun & Fit – Kristin 9:30 AM Pilates Fusion – Tovah 9:30AM Function & Flow – Sarah 5PM Restorative Yoga - Pam	11 7AM Strong & Fit – Linda 8:30AM Posture Fitness – Sarah 8:30AM Circuit 360 – Pam C 8:30AM H.I.I.T. - Wesley 9:30AM Hatha Yoga – Pam 10:30AM Gentle Yoga - Pam 4PM Foam Rolling - Kristin 5PM Spin – Kristin 5PM Line Dancing - Linda	12 6:30AM Spin – Tovah 7AM TRX – Linda 8AM Pro Posture – Linda 9AM Yoga Stretch - Pam	13
14 8AM Spin – Kristin	15 7AM Pilates Stretch – Tovah 7AM TRX- Linda 8:30AM 360 Circuit - Linda 8AM Spin & Sculpt – Tovah 8:30AM Basic Strength - Kristin 9:30AM- Function & Flow – Sarah 5PM Restorative Yoga – Pam	16 6:30AM Spin – Tovah 7AM Strong & Fit – Linda 8AM Circuit 360 – Pam C 8:30AM Posture Fitness – Sarah 8:30AM H.I.I.T. - Wesley 9:30AM Hatha Yoga – Pam 10:30AM Deep Tissue Treatment Yoga – Pam 4PM Pop Pilates – Linda 5PM TRX +Yoga - Linda 5PM Spin - Kristin	17 7AM Yoga - Linda 7:15AM Spin & Stretch – Tovah 8:15AM Spin & Sculpt – Tovah 8:30 AM Fun & Fit – Kristin 9:30 AM Pilates Fusion – Tovah 9:30AM Function & Flow – Sarah 5PM Restorative Yoga - Pam	18 7AM Strong & Fit – Linda 8:30AM Posture Fitness – Sarah 8:30AM Circuit 360 – Pam C 8:30AM H.I.I.T. - Wesley 9:30AM Hatha Yoga – Pam 10:30AM Gentle Yoga – Pam 4PM Foam Rolling - Kristin 5PM Spin – Kristin 5PM Line Dancing - Linda	19 6:30AM Spin – Tovah 7AM TRX – Linda 8AM Pro Posture – Linda 9AM Yoga Stretch – Pam	20 8AM 45 & Done - Pam 9AM Rise & Shine Yoga – Pam 10AM Meditation - Pam
21 8AM Spin – Kristin	22 7AM Pilates Stretch – Tovah 7AM TRX – Linda 8AM Spin & Sculpt – Tovah 8:30AM Circuit 360 - Linda 8:30AM Basic Strength - Kristin 9:30AM- Function & Flow – Sarah 5PM Restorative Yoga – Pam	23 6:30AM Spin –Tovah 7AM Strong & Fit - Linda 8AM Circuit 360 – Pam C 8:30AM Posture Fitness – Sarah 8:30AM H.I.I.T. - Wesley 9:30AM Hatha Yoga – Pam 10:30AM Deep Tissue Treatment Yoga – Pam 4PM Pop Pilates – Linda 5PM Spin – Kristin	24 7AM Yoga - Linda 7:15AM Spin & Stretch – Tovah 8:15AM Spin & Sculpt – Tovah 8:30 AM Fun & Fit – Kristin 9:30 AM Pilates Fusion – Tovah 9:30AM Function & Flow – Sarah 5PM Restorative Yoga - Pam	25 7AM Strong & Fit - Linda 8:30AM Posture Fitness – Sarah 8:30AM Circuit 360 – Pam C 8:30AM H.I.I.T. - Wesley 9:30AM Hatha Yoga – Pam 10:30AM Gentle Yoga - Pam 4PM Foam Rolling - Kristin 5PM Spin – Kristin 5PM Line Dancing - Linda	26 6:30AM Spin –Tovah 7AM TRX – Linda 8AM Pro Posture – Linda 9AM Yoga Stretch – Pam	27 8AM 45 & Done – Pam 9AM Rise & Shine Yoga – Pam 10AM Meditation - Pam
28 8AM Spin – Kristin	29 7AM Pilates Stretch – Tovah 7AM TRX – Linda 8AM Spin & Sculpt – Tovah 8:30AM Circuit 360 - Linda 8:30AM Basic Strength - Kristin 9:30AM- Function & Flow – Sarah 5PM Restorative Yoga – Pam	30 6:30AM Spin –Tovah 7AM Strong & Fit - Linda 8AM Circuit 360 – Pam C 8:30AM Posture Fitness – Sarah 8:30AM H.I.I.T. - Wesley 9:30AM Hatha Yoga – Pam 10:30AM Deep Tissue Treatment Yoga – Pam 4PM Pop Pilates – Linda 5PM Spin – Kristin	31 7AM Yoga - Linda 7:15AM Spin & Stretch – Tovah 8:15AM Spin & Sculpt – Tovah 8:30 AM Fun & Fit – Kristin 9:30 AM Pilates Fusion – Tovah 9:30AM Function & Flow – Sarah 5PM Restorative Yoga - Pam			