

# JANUARY GROUP EX SCHEDULE

**NEW! All classes are also available virtually through Mindbody live streaming at no additional cost.**

Reserve your spot in Mindbody starting at midnight two days before your live or virtual class.  
Registration closes 30 minutes before class starts. Links for virtual classes will be sent at that time.  
Any additional spaces in in-person classes will be filled on a first-come-first-served basis.

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   |
|--|---|---|---|--|--|
| <b>CARDIO CRAZE</b><br>6:15 - 7:00 a.m.<br>gym/virtual<br>with Ashley      | <b>SPINNING</b><br>6:15 - 7:00 a.m.<br>comm. room/virtual<br>with Jess            | <b>CARDIO CRAZE</b><br>6:15 - 7:00 a.m.<br>gym/virtual<br>with Ashley       | <b>LO/HI CIRCUIT</b><br>7:00 - 7:45 a.m.<br>gym/virtual<br>with Cassie    | <b>SPINNING</b><br>6:15 - 7:00 a.m.<br>comm. room/virtual<br>with Jess     | <b>SPINNING</b><br>8:00 - 8:45 a.m.<br>comm. room/virtual<br>with Cassie |
| <b>PUMP IT UP</b><br>8:15 - 9:00 a.m.<br>gym/virtual<br>with Theresa       | <b>TRX BODY POWER</b><br>8:45 - 9:30 a.m.<br>gym/virtual<br>with Sam              | <b>SPINNING</b><br>8:15 - 9:15 a.m.<br>comm. room/virtual<br>with Theresa   | <b>ESSENTRICS</b><br>8:15 - 9:15 a.m.<br>community room<br>with Carolyn   | <b>TONE CENTRAL</b><br>9:30 - 10:15 a.m.<br>gym/virtual<br>with Sam        | <b>TABATA</b><br>9:00 - 9:45 a.m.<br>gym/virtual<br>with Theresa         |
| <b>SPINNING</b><br>9:30 - 10:30 a.m.<br>comm. room/virtual<br>with Theresa | <b>MAT PILATES</b><br>9:30 - 10:30 a.m.<br>virtual<br>with Lynn                   | <b>ESSENTRICS</b><br>9:30 - 10:30 a.m.<br>community room<br>with Carolyn    | <b>PUMP IT UP</b><br>8:45 - 9:30 a.m.<br>gym/virtual<br>with Theresa      | <b>SPINNING</b><br>9:30 - 10:30 a.m.<br>comm. room/virtual<br>with Theresa | <b>MIXED FIT</b><br>10:00 - 11:00 a.m.<br>gym/virtual<br>with Erin       |
| <b>SILVER SNEAKERS</b><br>12:00 - 12:45 p.m.<br>virtual<br>with Jess       | <b>ESCAPE</b><br>9:45 - 10:30 a.m.<br>gym/virtual<br>with Dante                   | <b>CIRCUIT TRAINING</b><br>9:45 - 10:30 a.m.<br>gym/virtual<br>with Theresa | <b>TRX BODY POWER</b><br>9:30 - 10:30 a.m.<br>gym/virtual<br>with Theresa | <b>SILVER SNEAKERS</b><br>12:00 - 12:45 p.m.<br>virtual<br>with Theresa    |  |
| <b>ZUMBA</b><br>6:00 - 7:00 p.m.<br>virtual<br>with Lin                    | <b>YOGA</b><br>10:00 - 11:00 a.m.<br>comm. room/virtual<br>with Theresa           | <b>SILVER SNEAKERS</b><br>12:00 - 12:45 p.m.<br>virtual<br>with Theresa     | <b>ADV./INT. PILATES</b><br>9:30 - 10:30 a.m.<br>virtual<br>with Lynn     |  | <b>SPINNING</b><br>9:15 - 10:00 a.m.<br>comm. room/virtual<br>with Jen   |
| <b>SPINNING</b><br>7:15 - 8:00 p.m.<br>comm. room/virtual<br>with Amy      | <b>APP. ESSENTRICS</b><br>11:00 a.m.-12:00 p.m.<br>community room<br>with Charlie | <b>TRX BODY POWER</b><br>6:00 - 6:45 p.m.<br>gym/virtual<br>with Dante      | <b>BOOTCAMP</b><br>6:00 - 6:45 p.m.<br>gym/virtual<br>with Dante          |  | <b>MAT PILATES</b><br>9:30 - 10:30 a.m.<br>virtual<br>with Brittany      |
|  | <b>VINYASA YOGA</b><br>7:00 - 8:00 p.m.<br>virtual<br>with Alyssa                 | <b>SPINNING</b><br>7:15 - 8:00 p.m.<br>comm. room/virtual<br>with Amy       | <b>VINYASA YOGA</b><br>7:00 - 8:00 p.m.<br>virtual<br>with Alyssa         |  |  |

## SUNDAY