

JANUARY GROUP FITNESS/GROUP TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:15 BIKE Laura-45min	6:15 TABATA Andrea B-45min	6:15 BIKE/ABS Andrea B-45min	6:15/GT ROW/LIFT Andrea B-45min		
8:00 TABATA Andrea B-45 min	8:00 BIKE/WEIGHTS Kelly	8:00/GT XROW Kelly	8:00/GT LOW ROW Andrea B	8:00 BIKE Kelly-30min	8:00 BIKE Andrea B-45min	
				8:00/GT ROW/LIFT Andrea B-45min	8:00 SUPER SETS Andrea L	
9:15 BIKE Kelly-45min	9:15 BIKE Nikki-30min	9:15 BIKE Alannah-45Min	9:15 FIST Kelly	9:15 BIKE Melanie-45min	9:00/GT XROW/ROPE/LIFT Kelly	9:00 FUNCTIONAL STRENGTH Tracey
9:15/GT FIGHTCLUB Andrea B		9:15/GT TIDALWAVE Kelly			9:00 BIKE - 45 min Alannah/Andrea L	
9:30 YOGA Amanda-75min	9:30 VINYASA FLOW YOGA Shannon-75min	9:30 HIP OPENER YOGA Kim-75min	9:30 YIN YOGA Sean-75min	9:15 STRETCH AND STRENGTH Carolyn	9:30 POWER FLOW YOGA 75 min	10:00 BIKE-30min Alannah/Tracey
10:00 FUNCTIONAL STRENGTH Kelly-45min	9:45 HALO Sami-45min			9:30 HIP OPENER YOGA Betty (75min)		10:00/GT This will alternate XROW/BARRE/ROPES See app for dates
10:45 SILVER RIDERS MOTOWN Michelle-20min	10:30 ZUMBA Carolyn	10:45 SILVER RIDERS RESISTANCE RIDE Michelle-40min	10:45 SILVER RIDERS CHART TOPPERS Laura/Michelle	10:15 FUNCTIONAL STRENGTH Carolyn-30min	10:00 ZUMBA Carolyn	10:30 HATHA YOGA MIXED LEVEL Alanna -90min
11:15 GENTLE YOGA Betty-60min	11:00 SILVER RIDERS CLASSIC Michelle-20min	11:30 ZUMBA GOLD (BEGINNER) Carolyn	11:15 BEGINNER PUMP/ABS Carolyn-45min	11:15 GENTLE YOGA Betty-75min	11:00 PILATES Brittany Brie	11:00 ZUMBA Carolyn
11:15 BEG. TABATA Carolyn-45min	11:30 BEGINNER PILATES Brittany Brie-45min	11:30 GENTLE YOGA Kim -75min				
12:30 THERAPEUTIC YOGA Betty-60min			12:00 STRETCH & FLEX YOGA Betty-60min			
4:45 BIKE Kelly-30min	4:45 20/20/20 Andrea B-45min	4:45 BIKE /ABS Andrea L-45min	4:45 YOGA UNSCRIPTED Sean-75min	4:45/GT FIGHTCLUB Andrea B		
	4:45 VINYASA FLOW Amy-75min		4:45 BIKE Nikki-30min			
5:30 CORE Kelly	5:30/GT XROW Kelly	5:30 BIKE/WEIGHTS Kelly	5:30/GT BATTLEROPE BOOTCAMP Alannah			
6:30/GT SWEAT BOX Sami	6:15 VINYASA FLOW YOGA Amanda-75min	6:30 FULL BODY CONDITIONING Sami	6:15 VINYASA FLOW YOGA Shannon-75min			
6:30 BIKE/ABS Tracey	6:30 BEGINNER BIKE Tara-30min	7:30 MEDITATION YOGA Kim-75min	6:30 BEGINNER PUMP Jenny			
7:30 ZUMBA Adrienne						
7:30 HATHA YOGA Kim-75min	7:30 PILATES Brittany Brie-45min	7:30 TABATA CIRCUIT Carolyn	7:30 STRETCH/STRENGTH Carolyn			

STUDIO HOURS: Mon - Wed 6am -9pm /Thurs 6am - 8:30pm/ Fri 6am - 7pm / Sat & Sun 7am - 3pm

