



## January Saturday Class Lineup



### January 6<sup>th</sup>

- 7-STEP- Robin
- 8- Cycling- Mayra
- 9- **BODYPUMP Launch**
- 9- Water Fit- Kellie
- 10:15- Yoga- Ali

### January 13<sup>th</sup> \* "OPEN HOUSE"

- 8- Cycling-
- \*9- **5K-10K RACE**
- 9- **ZUMBA- Maribel**
- 9- Water Fit- Sally
- 10:15- Yoga- Tracy
- \*1 1:00- *Functional Fitness  
Workout – Outside FF area*

### January 20<sup>th</sup>

- 8 – Cycling – Brittany
- 9 – **BODYCOMBAT Launch**
- 9 – Water Fit –Crystal
- 10:15- Yoga –

### January 27<sup>th</sup>

- 8- Cycling- Adrienne
- 9- **Barre – Marilyn**
- 9- Water Fit- Crystal
- 10:15- Yoga- Marilyn