



# January 2022 Group Exercise Schedule

All Weekend Pop-ups are 9am on Saturdays

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.	POPUPS
8AM						Super Cycle Jay-Studio		
9AM	Rise & Ride Jay - Gym  Water Aerobics Joy - Pool	Body Lift Melanie – Gym	Cardio & Strength Blast Jay – Gym  Water Wildcard Carol/Melanie -Pool	Sculpt Jessica – Gym  Water Aerobics Joy - Pool		Water Aerobics Carol – Pool	Yoga Flow Jessica - Studio	1/8: Power Sculpt w/ Jay  1/15: Cardio& Core Blast w/Jay
10AM	Silver Sneaker Yoga Sue - Gym  Aqua HIIT Joy - Pool	Aqua Fitness Melanie - Pool  Yoga Flow Jessica- Studio  POP UP: Gentle Stretch and Meditation Christine 1/18	Rhythm Cycle  Melanie - Studio  POP UP: Silver Sneakers Yoga 1/19 Alyssa R. - Gym	Silver Sneaker Yoga Sue – Gym  Aqua HIIT Joy – Pool	Hatha Yoga Suzanne – Studio (Starts 1/14)  Boom Move Melanie- Gym  POP UP: Silver Sneakers Yoga 1/07 Alyssa R. - Studio			1/22: Power Sculpt w/Jay  1/29: Kettlebell Kickboxing w/ Lana
11AM	Senior Strength & Balance Sue - Gym  Aqua Function & Flow Joy - Pool	Silver Sneakers Classic Melanie - Gym	Silver Sneakers Cardio Melanie - Gym	Silver Sneakers Classic Sue - Gym  Aqua Function & Flow Joy - Pool	Senior Body Tone & Balance- Melanie – Gym			
6PM	Cardio & Strength Blast Jay - Studio		Super Sculpt Jessica-Studio	Sunset Cycle Jay - Studio				
7PM		Water Aerobics Jan - Pool		Water Aerobics Jan – Pool  Zumba Lana - Studio				