

January | Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Full Body Stretch 10:00 - 10:20 am Amelia			Upper Body Blast 7:15 - 7:45 am Amelia	
Bring a Buddy Burn 12:10 - 12:40 pm Alyssa	Total Body Boost 12:10 - 12:40 pm Amelia	Bootcamp 12:10 - 12:40 pm Amelia	Yoga 12:00 - 12:30 pm Hope	
	Circuit Training 3:00-3:30 pm Alyssa	Intro to Lifting 4:00-4:30 pm Alyssa	Mobility 5:00-5:30 pm Alyssa	