



January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:00a DanceFit Pop up HAPPY NEW YEAR!!	2 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	3 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga	4 5:15a Cycling 8:15a Dance Fit 9:30a Silver Sneakers 5:30p Tabata	5 8:15a Yoga	6 7:00a H.I.I.T. 7:30a Waisted 8:15a POUND W/ Kelly
8 5:00a H.I.I.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND	9 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	10 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga	11 5:15a Cycling 8:15a Dance Fit 9:30a Silver Sneakers 5:30p Tabata	12 8:15a Yoga	13 7:00a H.I.I.T. 7:30a Waisted 8:15a Tabata w/ Heather
15 5:00a H.I.I.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND	16 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	17 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga	18 5:15a Cycling 8:15a Dance Fit 9:30a Silver Sneakers 5:30p Cardio Kickboxing	19 8:15a Yoga	20 7:00a H.I.I.T. 7:30a Waisted 8:15a Yoga w/ Jennifer
22 5:00a H.I.I.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND	23 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	24 5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga	25 5:15a Cycling 8:15a Dance Fit 9:30a Silver Sneakers 5:30p Tabata	26 8:15a Yoga	27 7:00a H.I.I.T. 7:30a Waisted 8:15a POUND w/ Erin
29 5:00a H.I.I.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND	30 8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	31 5:00a H.I.I.T. 8:15a Muscle works 5:15p Yoga			

Plus Membership: Access to Gym, Sauna and **Unlimited** GX Classes with a 1-Year Contract. Price: \$35.95/Month plus tax.

Group Exercise Membership: **Unlimited** Group Exercise Classes with a 1-Year Contract. Price: \$29.95/Month plus tax.

Group Exercise Punch Card: Go to ANY Regular GX Class with our 10-Class Punch Card. Price: \$55

Cycling Class: Pre registration Required - Class registration will open each Saturday for the following week's classes.