



January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		CLOSED HAPPY NEW YEAR	5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Tabata	8:15a Yoga w/ Michele	7:00a H.I.R.T. 7:30a Waisted 8:15a Tabata w/ Heather E
5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND	8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	5:00a H.I.I.T. 8:15a Buns, Arms & Abs w/ Tara 5:15p Yoga	5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Tabata	8:15a Yoga	7:00a H.I.R.T. 7:30a Waisted 8:15a POUND w/ Heather C
5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND	8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga	5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Strong Nation	8:15a Yoga	7:00a H.I.R.T. 7:30a Waisted 8:15a POUND w/ Erin
5:00a H.I.R.T. 8:15a Yoga 4:30p DanceFit 5:30p POUND	8:15a Circuit Training 9:30a Silver Sneakers 5:30p AMPD Fusion	5:00a H.I.I.T. 8:15a Muscle Works 5:15p Yoga	5:15a Cycling 8:15a DanceFit 9:30a Silver Sneakers 5:30p Tabata	8:15a Yoga	7:00a H.I.R.T. 7:30a Waisted 8:15a POUND w/ Heather C
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Plus Membership: Access to Gym, Sauna and **Unlimited** GX Classes with a 1-Year Contract. Price: \$37.95/Month plus tax.

Group Exercise Membership: Unlimited Group Exercise Classes with a 1-Year Contract. Price: \$33.95/Month.

Group Exercise Punch Card or Drop In: Go to ANY Regular GX Class with our 10-Class Punch Card. Price: \$55 or Drop in for \$8.

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