

New Years Kickoff– X Fit, Spin Core, Weights

January 2022

Group Fitness Schedule

HAPPY NEW YEAR

TL—Tyrone Lindsey
 DK—Danielle Kearney
 KC—Karen Cicalese
 KA—Kim Albuerne

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26			29 8:15AM–Yoga-DK	30 8:15AM- X FIT–TL	31 Holiday	1 12:00PM– New Years Kickoff– TL
2	3 8:15AM-Weights-TL	4 8:15AM-X-FIT-TL 6:00PM-Yoga-KA	5 8:15AM-Yoga-DK	6 8:15AM-X-FIT-TL 9:15AM– Yoga– KA	7 8:15AM-TRX-TL 4:00PM– Yoga– KA	8 9:00AM-Spin-TL 10:00AM-Yoga-KA
9	10 8:15AM-Weights-TL	11 8:15AM-X-FIT-TL 6:00PM-Yoga-KA	12 8:15AM-Yoga-DK	13 8:15AM-X-FIT-TL 9:15AM-Yoga– KA	14 8:15AM-TRX-TL 4:00PM-Yoga– KC	15 9:00AM-Spin-KC 10:00AM-Yoga-KC
16	17 8:15AM-Weights-TL	18 8:15AM-X-FIT-TL 6:00PM-Yoga-KA	19 8:15AM-Yoga-DK	20 8:15AM-X-FIT-TL 9:15AM-Yoga-KA	21 8:15AM– TRX– TL 4:00PM– Yoga– KA	22 9:00AM– Spin– KC 10:00AM– Yoga– KC
23	24 8:15AM-Weights-TL	25 8:15AM-X-FIT-TL 6:00PM-Yoga-KA	26 8:15AM-Yoga-DK	27 8:15AM-X-FIT-TL 9:15AM– Yoga– KA	28 8:15AM– TRX– TL 4:00PM– Yoga– KC	29 9:00AM– Spin– KC 10:00AM– Yoga– KC
30	31 8:15AM-Weights– TL					