

JANUARY GROUP FITNESS COURT SOUTH



BA-BodyAttack

BP-BodyPump

GCC-Gentle Cardio Conditioning

BPx-45 min BP format

WTH-Water Therapy

BC-BodyCombat

FS-Freestyle Step

Jam- BodyJam

TS-Tread n Shed

Y-Yoga

Core- 25min core class

BS-BodyStep

Flow- BodyFlow

RPM/Spin -Cycling

W-Water Aerobics

ZU-Zumba

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
WEST		8:30 BA Holly 9:30 BP* Holly 10:30 Spin* Lee Ann 10:30 W Laura H 12:00 BP* Sidney	6:00 Spin* Bill 9:30 BS Suzan 10:30 ZU Rebecca	8:30 BA Lisa 9:30 BP* Allyson 10:30 Spin* Eleanore 10:30 W Kim P 12:00 BP Laura F	6:00 Spin* Michelle 9:45 BS Mary	8:30 BC Lisa 9:30 BP* Lisa 10:30 AZ Kim P 10:30 Spin* Ashlee 12:00 BP Suze	8:00 BP* Stephanie B 9:00 RPM Hayley 9:00 BA Lisa 10:15 BP Lisa 11:30 Y OJ		
	4:00 BP* Terra 5:00 RPM Sharon 5:00 BS Terra	5:00 BS Sharon 6:00 Spin* Rhonnda 6:00 Jam Myrna 6:30 W Laura H 7:00 Flow Meghan 8:00 BP Jillian	5:00 BA# Andrea 5:30 Spin* Eric 6:00 BP* Andrea 7:00 Y# Tee	5:00 BS Lauren 6:00 BC Melissa 7:00 BA Myrna 8:00 BP* Hayley	5:00 Spin* Ashlee 5:00 Y# OJ 6:00 BP* Lisa 7:00 ZU Rebecca	4:45 BC Elizabeth 5:30 RPM Suze 5:45 Jam Jeffy D			
	WEST CLUB 470-3600 # Allows Non-Prime Access * Requires sign-in 15 minutes before class								
	NORTH		5:30 Spin* Michelle 9:15 BPx* Allyson 10:00 BC Andrea 5:00 BP* Stephanie H 6:00 BS Lauren 6:00 Spin* Tee 7:00 Y# Tee	5:30 BP* JoAnn 9:30 TS Holly 10:15 Core Holly	5:30 BS JoAnn	5:30 BP* Stephanie D 9:15 TS Lisa B 10:00 Core Lisa B	5:30 Spin* Debby 9:15 BA Allyson 10:15 BPx* Mary	8:00 Spin* Debby 9:00 BP* Stephanie D 10:00 BC Allyson	
		3:00 BP* Jorgene 4:00 Flow Meghan	5:00 BP* Stephanie H 6:00 BS Lauren 6:00 Spin* Tee 7:00 Y# Tee	5:00 BC Lisa 6:00 BP* Damaris 7:00 BA# Niya	5:00 BP Terra 6:00 TS Meghan 6:00 ZU Anna 6:00 Spin* Tee	5:00 Flow Jorgene 6:00 BP* Tee	6:00 ZU# Tee		
		NORTH CLUB 688-3600 SOUTH CLUB 579-3600 North & South Club Hours: M - F 5am - 11pm, Sat & Sun 7am - 7pm							
		SOUTH	3:00 BC Leslie 4:00 BP* Amanda 5:00 W Laura H	6:00 Spin* Bill 9:30 BS Laura F 9:30 W Susie 9:30 GCC Rachel 10:30 Y OJ	6:00 BPx* Hester 9:30 BP* Mindy	6:00 Spin* Hester 9:30 BC Christian 9:30 GCC Avalyn 9:30 W Susie 9:30 TS Rachel 10:30 Y OJ	6:00 BPx* Reece 9:30 BP* Allyson	6:00 Spin* Jeff 9:00 Core Caroline 9:30 TS Caroline 9:30 GCC Rachel D 10:30 Y OJ	8:30 BP Hester 9:30 Spin* Molli 9:30 Jam Christian 10:30 Flow Mary
				4:30 BC Allyson 5:30 TS Caroline 6:00 BP Sarah L 7:00 BA Niya	4:30 BP Terra 6:00 BS Mary 6:00 Spin T 7:00 Flow Reece	4:30 TS Caroline 5:30 Core Caroline 6:00 BP Mary 7:00 ZU Rebecca	4:30 BA Reece 5:30 Core Reece 6:00 Spin* Hester 6:00 Y# Robert	4:30 BP* Sharon	

