



January Group Fitness Schedule

Group Class	Day	Time	Instructor
Barre Fusion	Monday	10:15-11:00am	Shafer Adelaide
Yoga Flow	Monday	5:00-6:00pm	Virginia Wallace
Boxing + Core	Monday	6:15-7:00pm	Shafer Adelaide

GROUP CLASS			
Zumba	Tuesday	10:30-11:15am	Gwen Dhing
Spin	Tuesday	10:45-11:30am	Shannon Stapleton
Row Fit	Tuesday	11:45-12:15pm	Shannon Stapleton

GROUP CLASS			
Yogalates	Wednesday	8:15-9:00am	Shafer Adelaide
Zumba	Wednesday	10:00-10:45am	Gwen Dhing
Pilates	Wednesday	11:00am-12:00pm	Jannah Starr
Strength	Wednesday	5:30-6:30pm	Shafer Adelaide

GROUP CLASS			
Sweat and Stretch	Thursday	11:00-11:45am	Grace Gainey
Pilates for Every Body	Thursday	12:00-1:00pm	Brooke Handy
Spin Bootcamp	Thursday	5:30-6:30pm	Jessica Welch

GROUP CLASS			
Spin	Friday	10:00-10:45am	Shannon Stapleton
Row Fit	Friday	11:00-11:30am	Shannon Stapleton
Pilates Sculpt	Friday	12:00-1:00pm	Shafer Adelaide

GROUP CLASS			
Power Pilates	Saturday	9:00-10:00am	Shafer Adelaide

January Pop-Ups			
Spin Sculpt	Saturday Jan 4th	10:30-11:30am	Jess Welch
Spin + Row	Saturday Jan 11th	10:00-11:00am	Shannon Stapleton
Strength + Sweat	Saturday Jan 18th	10:30-11:15am	Grace Gainey
Cardio Sculpt	Saturday Jan 25th	10:30-11:15am	Trish Bailey