

# JANUARY

## Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
	<b>SPECIALTY CLASSES</b>  <b>13-Jan</b> <b>5pm DRUMS ALIVE</b>  <b>19-Jan</b> <b>9:30am BIKE &amp; BINGO</b>			<b>1</b>  <b>NEW YEAR'S DAY</b> <b>CLUB HOURS</b> <b>9AM-3PM</b>	<b>2</b>  <b>6am SPIN &amp; CORE</b> Jen  <b>8:30am - Yoga</b> Kelly (downstairs) <b>9:30am - HIIT Core &amp; More</b> Kelly <b>9:30am - Fit &amp; Spin</b> Christine	<b>3</b>  <b>8:00am Barre (spin room)</b> Kelly  <b>9:00am - Spin</b> Elise <b>9:00am - Iron Pump Plus</b> Jim <b>10:15am - Dance Fitness</b> Kelly
<b>4</b>  <b>9:00am -FIT &amp; SPIN</b> Mark <b>9am HIIT</b> Charlene	<b>5</b>  <b>6:00am CARDIO PUMP ABS</b> Mike L <b>8:00am - Power Barre</b> Kelli <b>9:30am - HIIT The Step</b> Christine <b>9:30am - Fit &amp; Spin</b> Jen  <b>5:00pm - Yoga</b> Heather <b>6:00pm - HIIT Core &amp; More</b> Missy <b>6:00pm - Fit &amp; Spin</b> Mark	<b>6</b>  <b>6:00am - Cross Cond. &amp; HIIT</b> Mike <b>8:30am - Tone, Strength &amp; Abs</b> Jim <b>9:30am - Vinyasa Yoga</b> Carol (45min) <b>9:30am - Spin &amp; Barre</b> Christine <b>10:15am - Iron Pump</b> Mike (45min)  <b>6:00pm - Pump</b> Missy <b>6:00pm Bike &amp; Abs</b> Mark	<b>7</b>  <b>6:00am - Bootcamp</b> "T" <b>8:00am - Power Barre</b> Kelly <b>9:30am - Cardio Blast</b> Christine <b>9:30am - Fit &amp; Spin</b> Jen  <b>6:00pm - SPIN &amp; SCULPT</b> Charlene <b>6:00pm - HIIT TRX &amp; Core</b> Keith	<b>8</b>  <b>6:00am - HIIT</b> Mike L(45min) <b>8:30am - Body Basics</b> Sherry <b>9:30am - Bust Butt BC</b> Christine(45min) <b>9:30am - 10:15 Spin</b> 10:15-10:30 SCULPT Jen <b>10:30am Stretch &amp; Restore</b> Christine (30min)  <b>5:00pm - Dance Fitness</b> Missy <b>6:00pm - SPIN &amp; PUMP</b> Elise <b>(45min spin 15 min pump)</b>	<b>9</b>  <b>6am SPIN &amp; CORE</b> Mike L  <b>8:30am - Yoga</b> Kelly(downstairs) <b>9:30am - HIIT Core &amp; More</b> Kelly <b>9:30am - Fit &amp; Spin</b> Jen	<b>10</b>  <b>8:00am Barre (spin room)</b> Kelly  <b>9:00am - Spin</b> Mark <b>9:00am - Iron Pump Plus</b> Jim <b>10:15am - Dance Fitness</b> Missy
<b>11</b>  <b>9:00am -FIT &amp; SPIN</b> Anna <b>9am HIIT</b> Jen	<b>12</b>  <b>6:00am CARDIO PUMP ABS</b> Jen <b>8:00am - Power Barre</b> Kelli <b>9:30am - HIIT The Step</b> Christine <b>9:30am - Fit &amp; Spin</b> Jen  <b>5:00pm - Yoga</b> Heather <b>6:00pm - HIIT Core &amp; More</b> Missy <b>6:00pm - Fit &amp; Spin</b> Mike L	<b>13</b>  <b>6:00am - Cross Cond &amp; HIIT</b> Mike <b>8:30am - Tone, Strength &amp; Abs</b> Jim <b>9:30am - Vinyasa Yoga</b> Carol (45min) <b>9:30am - Spin &amp; Barre</b> Christine <b>10:15am - Iron Pump</b> Mike (45min)  <b>5pm SPECIALTY CLASS</b> <b>DRUMS ALIVE W/MISSY</b> <b>6:00pm - Pump</b> Missy <b>6:00pm Bike &amp; Abs</b> Mark	<b>14</b>  <b>6:00am - Bootcamp</b> "T" <b>8:00am - Power Barre</b> Kelly <b>9:30am - Cardio Blast</b> Christine <b>9:30am - Fit &amp; Spin</b> Jen  <b>6:00pm - SPIN &amp; SCULPT</b> Charlene <b>6:00pm - HIIT TRX &amp; Core</b> Keith	<b>15</b>  <b>6:00am - HIIT</b> Jen (45min) <b>8:30am - Body Basics</b> Sherry <b>9:30am - Bust Butt BC</b> Christine <b>9:30am -10:15 Spin</b> 10:15-10:30 SCULPT Mark <b>10:30am Stretch &amp; Restore</b> Christine (30min)  <b>5:00pm - Dance Fitness</b> Missy <b>6:00pm - SPIN &amp; PUMP</b> Elise <b>(45min spin 15 min pump)</b>	<b>16</b>  <b>6am SPIN &amp; CORE</b> Mike L <b>8:30am - Yoga</b> Kelly (downstairs) <b>9:30am - HIIT Core &amp; More</b> Kelly <b>9:30am - Fit &amp; Spin</b> Christine	<b>17</b>  <b>8:00am Barre Kelly (spin (spin Room))</b>  <b>9:00am - Spin</b> Elise <b>9:00am - Iron Pump Plus</b> Jim <b>10:15am - Dance Fitness</b> Missy
<b>18</b>  <b>9:00am - FIT &amp; SPIN</b> Anna <b>9am HIIT</b> Jen	<b>19</b>  <b>6:00am CARDIO PUMP ABS</b> Mike L <b>8:00am - Power Barre</b> Kelli <b>9:30am - HIIT The Step</b> Christine <b>9:30am - BIKE &amp; BINGO!</b> Jen  <b>5:00pm - Yoga</b> Heather <b>6:00pm - HIIT Core &amp; More</b> Missy <b>6:00pm - Fit &amp; Spin</b> Mark	<b>20</b>  <b>6:00am - Cross Cond. &amp; HIIT</b> Mike <b>8:30am - Tone, Strength &amp; Abs</b> Jim <b>9:30am - Vinyasa Yoga</b> Carol (45min) <b>9:30am - Spin &amp; Barre</b> Christine <b>10:15am - Iron Pump</b> Mike (45min)  <b>6:00pm - Pump</b> Missy <b>6:00pm Bike &amp; Abs</b> Mark	<b>21</b>  <b>6:00am - Bootcamp</b> Mikel <b>8:00am - Power Barre</b> Kelly <b>9:30am - Cardio Blast</b> Christine <b>9:30am - Fit &amp; Spin</b> Jen  <b>6:00pm - SPIN &amp; SCULPT</b> Charlene <b>6:00pm - HIIT TRX &amp; Core</b> Keith	<b>22</b>  <b>6:00am - HIIT</b> Jen (45min) <b>8:30am - Body Basics</b> Sherry <b>9:30am - Bust Butt BC</b> Christine(45min) <b>9:30am - 10:15 Spin</b> 10:15-10:30 SCULPT Jen <b>10:30am Stretch &amp; Restore</b> Christine (30 min)  <b>5:00pm - Dance Fitness</b> Missy <b>6:00pm - SPIN &amp; PUMP</b> Elise <b>(45min spin 15 min pump)</b>	<b>23</b>  <b>6am SPIN &amp; CORE</b> Mike L <b>8:30am - Yoga</b> Kelly (downstairs) <b>9:30am - HIIT Core &amp; More</b> Kelly <b>9:30am - Fit &amp; Spin</b> Jen	<b>24</b>  <b>8:00am Barre (spin room)</b> Kelly  <b>9:00am - Spin</b> Elise <b>9:00am - Iron Pump Plus</b> Jim <b>10:15am - Dance Fitness</b> Kelly
<b>25</b>  <b>9:00am - FIT &amp; SPIN</b> Mark <b>9am HIIT</b> Jen	<b>26</b>  <b>6:00am CARDIO PUMP ABS</b> Mike L <b>8:00am - Power Barre</b> Kelly <b>9:30am - HIIT The Step</b> Christine <b>9:30am - Fit &amp; Spin</b> Jen  <b>5:00pm - Yoga</b> Heather <b>6:00pm - HIIT Core &amp; More</b> Missy <b>6:00pm - Fit &amp; Spin</b> Mark	<b>27</b>  <b>6:00am - Cross Cond. &amp; HIIT</b> Mike <b>8:30am - Tone, Strength &amp; Abs</b> Jim <b>9:30am - Vinyasa Yoga</b> Carol (45min) <b>9:30am - Spin &amp; Barre</b> Christine <b>10:15am - Iron Pump</b> Mike (45min)  <b>6:00pm - Pump</b> Missy <b>6:00pm Bike &amp; Abs</b> Mark	<b>28</b>  <b>6:00am - Bootcamp</b> "T" <b>8:00am - Power Barre</b> Kelly <b>9:30am - Cardio Blast</b> Christine <b>9:30am - Fit &amp; Spin</b> Jen  <b>6:00pm - SPIN &amp; SCULPT</b> Charlene <b>6:00pm - HIIT TRX &amp; Core</b> Keith	<b>29</b>  <b>6:00am - HIIT</b> Mike L(45min) <b>8:30am - Body Basics</b> Sherry <b>9:30am - Bust Butt BC</b> Christine <b>9:30am -10:15 Spin</b> 10:15-10:30 SCULPT Jen <b>10:30am Stretch &amp; Restore</b> Christine (30min)  <b>5:00pm - Dance Fitness</b> Missy <b>6:00pm - SPIN &amp; PUMP</b> Elise <b>(45min spin 15 min pump)</b>	<b>30</b>  <b>6am SPIN &amp; CORE</b> Jen <b>8:30am - Yoga</b> Kelly (downstairs) <b>9:30am - HIIT Core &amp; More</b> Kelly <b>9:30am - BIKE &amp; BUBBLES</b> Christine	<b>31</b>  <b>8:00am Barre Kelly (spin (spin Room))</b>  <b>9:00am - Spin</b> Kelly <b>9:00am - Iron Pump Plus</b> Jim <b>10:15am - Dance Fitness</b> Missy

