

# JANUARY 2025

| TIME    | MONDAY                                                  | TUESDAY                                           | WEDNESDAY                                          | THURSDAY                                     | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                          | SATURDAY                                                            |
|---------|---------------------------------------------------------|---------------------------------------------------|----------------------------------------------------|----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| 6:30AM  |                                                         | 6:15-7AM<br>Strength Development                  | 6:30-7AM<br><b>sprint</b>                          | 6:15-7AM<br>Strength Development             |                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                     |
| 8:00AM  | 8:30-9:30AM<br><b>water fitness</b>                     |                                                   | 8:30-9:30AM<br><b>water fitness</b>                |                                              | 8:30-9:30AM<br><b>water fitness</b>                                                                                                                                                                                                                                                                                                                                                             |                                                                     |
| 8:30AM  | 8:30-9AM<br><b>ZUMBA</b>                                | 8:30-9AM<br><b>CORE</b>                           |                                                    |                                              |                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                     |
| 9:00AM  | 9:05-10:05AM<br><b>LES MILLS BODYPUMP</b>               | 9:00-9:30AM<br><b>sprint</b>                      | 9:05-10:05AM<br><b>LES MILLS BODYPUMP HEAVY</b>    | 9AM-9:45AM<br><b>LES MILLS Shapes</b>        | 9:05-10:05AM<br><b>LES MILLS BODYPUMP</b>                                                                                                                                                                                                                                                                                                                                                       | 9AM-10AM<br><b>LES MILLS BODYPUMP HEAVY</b><br>Strength Development |
| 10:15AM | 10:15-11:15AM<br><b>LES MILLS BODYBALANCE</b>           | 10:15-11:15AM<br><b>GENTLE YOGA</b>               | 10:15-11AM<br><b>LES MILLS Shapes</b>              | 10:15-11:15AM<br><b>YOGA</b><br>FOR EVERYONE | 10:15-11:15AM<br><b>LES MILLS BODYBALANCE</b>                                                                                                                                                                                                                                                                                                                                                   | 10:15-11AM<br><b>LES MILLS Shapes</b>                               |
| 12:10PM | 12:10-12:50PM<br><b>LES MILLS BODYPUMP HEAVY</b>        | 12:10-12:50PM<br><b>LES MILLS BODYSTEP sprint</b> | 12:10-12:50PM<br><b>LES MILLS BODYPUMP EXPRESS</b> | 12:10-12:50PM<br><b>sprint</b>               | 12:10-12:50PM<br><b>CORE</b>                                                                                                                                                                                                                                                                                                                                                                    |                                                                     |
| 4:30PM  |                                                         | 4:30-5:30<br><b>water fitness</b>                 |                                                    |                                              | <b>ACTIVE KID CARE HOURS:</b> <ul style="list-style-type: none"> <li>MONDAY- FRIDAYS- 8:30AM-11:30AM,</li> <li>MONDAY-WEDNESDAY 5:10P-7PM</li> </ul> <b>EVENTS:</b> <ul style="list-style-type: none"> <li>1/3 – 10AM- PM NEW YEARS LAUNCH</li> </ul> <b>TUESDAY (12:10PM) CLASS:</b> <ul style="list-style-type: none"> <li>SPRINT- 1/13, 1/27</li> <li>BODYSTEP – 12/30, 1/6, 1/20</li> </ul> |                                                                     |
| 5:30PM  | 5:30-6:30PM<br><b>LES MILLS BODYPUMP BODYPUMP HEAVY</b> | 5:30-6:30PM<br><b>LES MILLS BODYCOMBAT</b>        | 5:30-6PM<br><b>sprint</b>                          | 5:15PM-6PM<br>Strength Development           |                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                     |
| 6:00PM  |                                                         |                                                   | 6:05-6:50PM<br><b>LES MILLS BODYPUMP EXPRESS</b>   | 6:05-6:45PM<br><b>LES MILLS Shapes</b>       |                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                     |

## CLASS & FACILITY UPDATES

- MODIFIED HOURS:** 12/31 NEW YEAR'S EVE HOURS 7AM-5PM, 1/2 HOURS 10AM-2PM
- FACILITY CLOSED:** 1/1 NEW YEAR'S DAY, 1/19 MLK DAY
- CLASS CANCELLATIONS/CHANGES:** 1/17 @10:15AM NO SHAPES, 1/27 @ 8:30AM CORE, 1/30 @10:15AM NO BODYFLOW