 January 2020 Fitness Class Schedule

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1  **Spinning 5:30AM**  **Y-Fit with Derek 5:15PM**  **Core de Force 7:15PM**  Pain Aerobics 7:00 PM\* | 2 **Pain Aerobics 5:20 AM\***  **PIYO 5:45 AM**  **Pickle Ball 8-10:30 AM**  **Lunch Bunch Basketball 11 AM -1 PM**  **Lower Body Blast with Derek 12PM**  **Spinning 6PM** | 3  **Pain Aerobics 5:20 AM\***  **Spinning with Misty 5:30AM**  **Pickle Ball 4:30-7:00 PM** | 4  **Pain Aerobics 8:00 AM\***  **Zumba with Suzanne 8:45AM** |
|  |  |  |  |  |  |
| 6  **Pain Aerobics 5:20 AM\***  **Spinning 5:30AM**  **Core de Force 6PM**  **Pickle Ball 5-9 PM** | 7 **Pain Aerobics 5:20 AM\***  **Core de Force 6AM**  **Pickle Ball 8-10:30 AM**  **Lunch Bunch Basketball 11 AM -1 PM**  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba with Suzanne 6PM** | 8  **Pain Aerobics 5:20 AM\***  **Spinning 5:30AM**  **Y-Fit with Derek 5:15PM**  **Core de Force 7:15PM**  Pain Aerobics 7:00 PM\* | 9 **Pain Aerobics 5:20 AM\***  **PIYO 5:45 AM**  **Pickle Ball 8-10:30 AM**  **Lunch Bunch Basketball 11 AM -1 PM**  **Lower Body Blast with Derek 12PM**  **Spinning 6PM** | 10  **Pain Aerobics 5:20 AM\***  **Spinning with Misty 5:30AM**  **Pickle Ball 4:30-7:00 PM** | 11  **Pain Aerobics 8:00 AM\***  **Zumba with Suzanne 8:45AM** |
|  |  |  |  |  |  |
| 13  **Pain Aerobics 5:20 AM\***  **Spinning with Kay 5:30AM**  **Core de Force 6PM**  **Pickle Ball 5-9 PM** | 14 **Pain Aerobics 5:20 AM\***  **Core de Force 6AM**  **Pickle Ball 8-10:30 AM**  **Lunch Bunch Basketball 11 AM -1 PM**  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba with Suzanne 6PM** | 15  **Pain Aerobics 5:20 AM\***  **Spinning 5:30AM**  **Y-Fit with Derek 5:15PM**  Pain Aerobics 7:00 PM\*  **Core de Force 7:15PM** | 16 **Pain Aerobics 5:20 AM\***  **PIYO 5:45 AM**  **Pickle Ball 8-10:30 AM**  **Lunch Bunch Basketball 11 AM -1 PM**  **Lower Body Blast with Derek 12PM**  **Spinning 6PM**  **Yoga 6PM** | 17  **Pain Aerobics 5:20 AM\***  **Spinning with Misty 5:30AM**  **Pickle Ball 4:30-7:00 PM** | 18  **Pain Aerobics 8:00 AM\***  **Zumba with Suzanne 8:45AM** |
|  |  |  |  |  |  |
| 20  **Pain Aerobics 5:20 AM\***  **Spinning 5:30AM**  **Core de Force 6PM**  **Pickle Ball 5-9 PM** | 21 **Pain Aerobics 5:20 AM\***  **Core de Force 6AM**  **Pickle Ball 8-10:30 AM**  **Lunch Bunch Basketball 11 AM -1 PM**  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba with Suzanne 6PM** | 22  **Pain Aerobics 5:20 AM\***  **Spinning 5:30AM**  **Y-Fit with Derek 5:15PM**  Pain Aerobics 7:00 PM\*  **Core de Force 7:15PM** | 23  **Pain Aerobics 5:20 AM\***  **PIYO 5:45 AM**  **Pickle Ball 8-10:30 AM**  **Lunch Bunch Basketball 11 AM -1 PM**  **Lower Body Blast with Derek 12PM**  **Spinning 6PM**  **Yoga 6PM** | 24  **Pain Aerobics 5:20 AM\***  **Spinning with Misty 5:30AM**  **Pickle Ball 4:30-7:00 PM** | 25  **Pain Aerobics 8:00 AM\***  **Zumba with Suzanne 8:45AM** |
|  |  |  |  |  |  |
| 27  **Pain Aerobics 5:20 AM\***  **Spinning 5:30AM**  **Core de Force 6PM**  **Pickle Ball 5-9 PM** | 28 **Pain Aerobics 5:20 AM\***  **Core de Force 6AM**  **Pickle Ball 8-10:30 AM**  **Lunch Bunch Basketball 11 AM -1 PM**  **Upper Body Blast w/ Derek 12PM**  **Live Fit 6PM**  **Zumba with Suzanne 6PM** | **29**  **Pain Aerobics 5:20 AM\***  **Spinning 5:30AM**  **Y-Fit with Derek 5:15PM**  Pain Aerobics 7:00 PM\*  **Core de Force 7:15PM** | 30 **Pain Aerobics 5:20 AM\***  **PIYO 5:45 AM**  **Pickle Ball 8-10:30 AM**  **Lunch Bunch Basketball 11 AM -1 PM**  **Lower Body Blast with Derek 12PM**  **Spinning 6PM**  **Yoga 6PM** | **31**  **Pain Aerobics 5:20 AM\***  **Spinning with Misty 5:30AM**  **Pickle Ball 4:30-7:00 PM** | \*This is a House of Pain Class  $3.00 for members  $5.00 for non members  **Pain Aerobics\*** |
|  |  |  |  |  |  |