 January 2020 Fitness Class Schedule

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| 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** |
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| 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**  |
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| 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** |
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| 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** |
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| 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\*** |
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