















JANUARY 2023 - Group Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am: SILVER SNEAKERS with Millie	5:30am: SPIN with Keith 	10:00am: AQUA with Mary 	5:30am: SPIN with Keith 	9:00am: AQUA with Janet 	8:00am: SPIN with Keith 	8:30am: SPIN with Connie 
9:30am: E Z Ride with Connie 	9:15 am: BODY SCULPT with Theresa	10:00am: TRADITIONAL YOGA with Jayati	9:00am: BODY SCULPT with Theresa	9:15am: PILATES MAT with Stephanie	9:00am: HATHA YOGA with Latoya	10:00am: ZUMBA with Tashi
10:00am: ZUMBA with Ruby	10:00am: AQUA with Janet 	11:00am: SILVER SNEAKERS with Ruby	10:00am: Guts & Butts with Theresa-30min		10:15am: BARRE FIT with Theresa (45 mins)	9:00am: AQUA with Renee 
10:00am: AQUA with Mary 	10:15am: YOGA STRETCH with Theresa - 30 min	5:55pm: Pilates Mat (30 min) with Terry	10:30am: Dance Fitness w/Millie	11:00am: AQUA with Janet 		
11:00am: YOGA STRETCH with Sue	11:00am: SENIOR FIT with Sue	6:00pm: AQUA with Renee - begins 1/11 	11:30am: GET FIT LITE with Terry		12:30am: Chair Yoga with Terry	11:00am: ZUMBA with Cathy
5:30pm: GET RIPPED HIIT with Trainer Alex	5:25pm: 30-Min Abs w/Connie	6:30pm: YOGA (all levels) with Terry	5:30pm: ZUMBA with Stephanie	5:30pm: SPIN with Connie 		
6:00pm: Vinyasa Yoga Flow with Carolina		6:30pm: AQUA FITNESS with Meghan 	6:30pm: ZUMBA with Cathy		6:30pm: POUND with Stephanie	



Please check the website for the latest class updates.
Schedule subject to change!!

www.xlfitness.org/classes