

# JANUARY GROUP FITNESS COURT SOUTH



BA-BodyAttack  
BC-BodyCombat  
BS-BodyStep

BP-BodyPump  
FS-Freestyle Step  
Flow- BodyFlow

GCC-Gentle Cardio Conditioning  
Jam- BodyJam  
RPM/Spin -Cycling

BPx-45 min BP format  
TS-Tread n Shed  
CX-30 min total core class

Y-Yoga

ZU-Zumba

**NO evening classes 12/31. NO classes 1/1/19. Happy New Year!**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>N O N</b>		5:30 Cycle* <b>Debby</b>	5:30 BP* <b>JoAnn</b>		5:30 BP* <b>JoAnn</b>	5:30 Cycle* <b>Debby</b>	8:00 Cycle* <b>Team</b>
		9:30 BP <b>Allyson</b>	9:30 Cycle <b>Carrie</b>	9:30 BC <b>Hillary</b>	10:00 TS <b>Christina</b>	9:30 Jam <b>Allyson</b>	9:00 BP* <b>Steph D</b>
	3:00 BP* <b>Jenn B</b>	10:30 CX <b>Allyson</b>		10:30 BP <b>Suzan B</b>	10:00 Flow <b>Kate</b>	10:30 Flow <b>Kate</b>	10:00 BC <b>Hillary</b>
	4:00 Core <b>Jenn B</b>	5:00 BP* <b>Shari</b>		5:00 BP <b>Suze</b>	5:00 Cycle <b>Carrie</b>		
		6:00 BS <b>Sharon</b>	5:00 BC <b>Hillary</b>	6:00 Cycle* <b>Tee</b>	6:00 BP* <b>Tee</b>		
		6:00 Cycle* <b>Tee</b>	6:00 BP* <b>Amanda H</b>				
		7:00 Y# <b>Tee</b>					

# Allows Non-Prime Access

\* Requires sign-in 15 minutes before class

Childcare hours: Mon-Thurs 8a-12p, 4p-9p; Fri 8a-12p, 4p-8p; Sat 8a-12p, Sun 3p-6p