

January 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--------------|---|--|---|--|--|--|--|
| 1 CLOSED | 2 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH 9:30-10:00 VIDEO CLASS 4:30 -5:00 POWERSCULPT | 3 9:00-9:30 Advanced Step 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA | 4 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH 4:30 -5:30 DROP IN CIRCUIT | 5 9:00-9:30 Advanced Step 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 5:00-5:30 ZONE BURN | 6 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASS | 7 9:00-9:45 POWERSCULPT by Peggy | |
| 8 CLOSED | 9 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH 9:30-10:00 VIDEO CLASS 4:30 -5:30 DROP IN CIRCUIT | 10 9:00-9:30 Advanced Step 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA | 11 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH 4:30 -5:30 NO CLASS THIS WEEK | 12 9:00-9:30 Advanced Step 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 5:00-5:30 ZONE BURN | 13 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASS | 14 9:00-9:45 ZONE BURN by Justin | |
| 15 CLOSED | 16 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH 9:30-10:00 VIDEO CLASS 4:30 -5:00 POWERSCULPT | 17 9:00-9:30 Advanced Step 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA | 18 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH 4:30 -5:30 DROP IN CIRCUIT | 19 9:00-9:30 Advanced Step 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 5:00-5:30 NO CLASS TODAY | 20 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASS | 21 9:00-9:45 POWERSCULPT by Kyoko | |
| 22 CLOSED | 23 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH 9:30-10:00 VIDEO CLASS 4:30 -5:30 DROP IN CIRCUIT | 24 9:00-9:30 Advanced Step 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA | 25 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH 4:30 -5:30 NO CLASS THIS WEEK | 26 9:00-9:30 Advanced Step 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 5:00-5:30 ZONE BURN | 27 9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE NO EVENING CLASS | 28 9:00-9:45 POWERSCULPT by Peggy | |
| 29 CLOSED | 30 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH 9:30-10:00 VIDEO CLASS 4:30 -5:00 POWERSCULPT | 31 9:00-9:30 Advanced Step 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW 4:30-5:00 POWERSCULPT 5:00-5:30 YOGA | <p>Instructor Color Code:</p> <p>Jeanne, Peggy, Kyoko, Steve Justin, Student Lead</p> | | | | |