

January 2022

GROUP EXERCISE

THREE SPRINGS ROAD

MIX IT UP!

CLASSES ARE A GREAT WAY TO BREAK
THE ROUTINE AND STAY ACTIVE!

	SUN	MON	TUES	WED	THU	FRI	SAT
5:15 - 6:15AM		Spin -Megan	Spin -Beth Total Tabata -Carrie-1/4,1/25 -Regina 1/11 -Allison 1/18	Spin -Regina Step -Carrie	Spin -Allison 1/6,1/20 -Regina 1/13,1/27 Power Up -Amy	Spin -Megan Zumba -Reina	
8:30 - 9:30AM		Power Up -Tina	Spin -Chandler Zumba -Ana -NO Class 1/18	Bootcamp -Tina	Spin -Chandler	F.I.T. -Ana	Spin -Chandler
9:30 - 10:30AM		Spin -Tina Stretch "N" Flex -Heather	Mind & Body -Allison(Pi-Yo) 1/4 -No Class 1/11 -Julia (Yoga) 1/18 -Megan (PiYo) 1/25	Spin -Tina Stretch "N" Flex -Heather		Spin -Beth Yoga Stretch -Chandler	Yoga -Sara
5:30 - 6:30PM		Zumba -Ana	Strength & Agility -Danny	Power Up -Peggy	Explosive Fitness -Danny		

