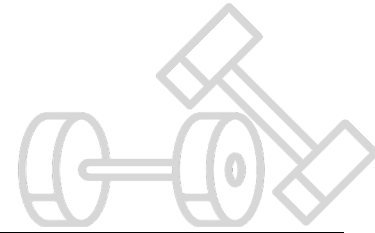


# JANUARY 2025

## RUSSELLVILLE RD



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:15 AM					*Kettle bell + Tabata w/Carrie	
8:30-9:30 AM	*Chair Yogalates w/Megan *class starts on 1/13	Refine 360 w/ Tina (turf)	*Chair Yoga w/Tori	Refine 360 w/ Tina (turf)	*F.I.T w/ Ana	Saturday Sweat Bootcamp + Zumba Fusion- Ana (1/4) Tabata - Regina (1/11) Power Up- Beth (1/18) Kettlebell + Tabata-Allison (1/25)
9:30-10:30 AM	Yoga Stretch + Weights w/ Tori	Yogalates w/ Tina	Mind & Body *Pilates w/Chandler (1/8 & 1/22) *Pilates + Strength w/Megan (1/15 & 1/29)	Barre w/ Tina	*Stretch "N" Flex w/ Chandler	
4:30-5:30 PM	Power Up w/Peggy(1/6 & 1/20) w/ Beth( 1/13 & 1/27)	Spin + Weights w/ Beth	*Buti Yoga w/ Tori	*Bootcamp + Zumba Fusion w/ Ana	*Total Body + Turf w/Danny	
5:30-6:30 PM	*Mind & Body Stretch "N" Flex w/Chandler (1/6 & 1/13) Buti Yoga w/Tori (1/20 & 1/27) *Refine 360 w/ Tina (turf)	Cardio Mashup Kickboxing+Core w/ Peggy (1/7 & 1/21) Kettlebell + Tabata w/ Peggy (1/14 & 1/28)	Zumba w/ Ana *Refine 360 w/ Tina (turf) *Total Body + Turf w/Danny	Tabata + Spin w/ Regina	Zumba w/ Ana	
6:30-7:30 PM						

