

FREE Fitness Classes

January 3, 2017 - January 13, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Week 1</u> <u>January 2 - 6</u></p>	<p>2</p> <p>Complex Closed</p>	<p>3</p> <p>Spin 6 — 6:45pm</p> <p>Strength & Sculpt 5:00 — 6:00pm</p>	<p>4</p> <p>Aquafitness 10:00 — 10:45am</p>	<p>5</p> <p>65+ Seniors Class 10:30 — 11:30am</p> <p>Spin & Stretch 6 — 7pm</p>	<p>6</p> <p>Spin & Abs 6 — 6:45am</p> <p>Aquafitness 10:00 — 10:45am</p>
<p><u>Week 2</u> <u>January 9 - 13</u></p>	<p>9</p> <p>6-Pack Abs 5 — 5:45</p> <p>Power Circuit 6:00 — 7:00pm</p> <p>Aqua Bootcamp 7:15 — 8pm</p>	<p>10</p> <p>Toned in 20 9:30 — 9:50am</p> <p>65+ Seniors Class 10:30 — 11:30am</p>	<p>11</p> <p>Aquafitness 10:15 — 11am</p> <p>Functional Training 6:15 — 7:00pm</p>	<p>12</p> <p>65+ Seniors Class 10:30 — 11:30am</p> <p>TRX Blast 12:15 — 12:45pm</p> <p>Strength & Sculpt 5:00 — 6:00pm</p>	<p>13</p> <p>Aquafitness 10:15 — 11am</p>