



Group Fitness Class Schedule

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Water Aerobics Frances 9am	Water Aerobics Pat 9:30am	Water Aerobics Frances 9am	Water Aerobics Pat 9:30am	Water Aerobics Frances 9am
Water Toys Frances 10am		Water Toys Frances 10am		Water Toys Frances 10am

All classes must have at least 3 participants!

Indoor Cycling requires ALL participants to reserve a bike the day of class. This class is limited to 12 participants.

Class times and locations are subject to change at any time.

All 10-8 Fit classes will be held at our satellite location at 200 North 1st Street. There will be an additional \$10 fee per person per month for current members. Non-members can pay a flat \$25 rate to utilize the satellite location ONLY.

Check out Facebook for class updates, schedules, and reminders!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Silver Sneakers Peggy 10am	Yoga Laura 9am	Silver Sneakers Peggy 10am	Yoga Laura 9am	Turbo Kick Kenya 8am	Turbo Kick Kenya 8am	
Turbo Kick Kenya 4:30pm	Turbo Kick Kenya 5pm	Zumba Toning JoJo 5pm	Turbo Kick Kenya 4:30pm	Silver Sneakers Peggy 10am	Yoga Peggie/Laura 10am	
Line Dancing Sedona 5:30pm	Women/Weights Dana 5:30pm		Women/Weights Dana 5:30pm			
Zumba JoJo 5:30pm	Hot Yoga Kenya 6pm		Line Dancing Sedona 5:30pm			
Indoor Cycling Lori 5:45pm			Indoor Cycling Joanna 5:45pm			
Women/Weights Dana 6:30pm			Yoga Peggie 7pm			
Yoga Peggie 7pm						