



CLASS CHANGES (JANUARY 1st)

TUESDAY

TABATA (6:00 - 6:45AM) - JENNY B.

TUESDAY/THURSDAY

HEALTHY BODY STRONG BONES (9:00 - 10:00)

INSTRUCTOR CHANGE: JENNIFER S.

WEDNESDAY

DANCE FIT (12:00 - 12:45) - KINDRA

PILATES (4:30 - 5:15) - ASHLEE

THURSDAY

SILVER SNEAKERS CLASSIC (10:00 - 10:45)

INSTRUCTOR CHANGE: JENNIFER S.

DANCE FIT (4:30 - 5:25) - ASHLEE

