



January Saturday Switch Up Classes

Sat—Jan 3rd

8:00 Step—Ciera
8:15 Cycle—Kim
9:00 Aqua—Erica
9:00 Mindful Movmnt Andreea
10:30 Yoga—Kim

Sat-Jan 10th

8:00 Zumba-Emily
8:15 Cycle—Kim
9:00 Aqua—Jannah
9:00 Body Balance—Karin
10:30 Yoga—Jannah

Sat-Jan 17th

8:00 Zumba-Kristin
8:15 Cycle—Mary
9:00 Aqua-Erica
9:00 Soul Strength—Allison
10:30 Yoga—Nicole

Sat-Jan 24th

8:00 Power Sculpt—Ciera
8:15 Cycle—Kim
9:00 Aqua—Erica
9:00 Body Combat—Karin
10:30 Yoga—Kim

Sat—Jan 31st

8:00 Step—Robin
8:15 Cycle—Michelle
9:00 Aqua—Jannah
9:00 Zumba—Kristin B.
10:30 Yoga—Jannah