



**Free Week!**  
Jan. 12-18

# SPRING SCHEDULE GROUPEX AND F45

MONDAY, JAN 12 – FRIDAY, MAY 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga 12:10-12:55 p.m. Emma	F45 6:30-7:15 a.m.	Yoga 12:10-12:55 p.m. Kala	F45 6:30-7:15 a.m.	Pilates 12:10-12:55 p.m. Emma	F45 10:30-11:30 a.m.
F45 12:15-1 p.m.	Barre 12:10-12:55 p.m. Kersten	F45 12:15-1 p.m.	Primal Flow 12:10-12:55 p.m. Emma	F45 12:15-1 p.m.	
Club Step 5:15-6:15 p.m. Maddy*	F45 12:15-1 p.m.	AMPD-Build 5:15-6 p.m. Kyla	F45 12:15-1 p.m.		
F45 5:20-6:05 p.m.	Yoga 5:15-6:15 p.m. Kayla	F45 5:20-6:05 p.m.	Barre 5:15-6 p.m. Kersten		
CycleFit + Core 5:30-6:30 p.m. Halle	F45 5:20-6:05 p.m.	CycleFit 5:30-6:15 p.m. Marley	F45 5:20-6:05 p.m.		
AMPD-Build 6:30-7:15 p.m. Kyla	Tighten & Tone 6:30-7:15 p.m. Brooke	Zumba® 6:30-7:15 p.m. Chania	CycleFit + Core 5:30-6:30 p.m. Jake	Zumba® 6:15-7 p.m. Brittany	



\*Class instructed by  
**Maddy Mularski**  
Navigation Specialist-  
Fitness/Wellness



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