


RESULTS HEALTH AND FITNESS OWINGS ~ GROUP EXERCISE ~January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gym Hours New Year's Eve 5:00am-5:00pm New Year's Day 7:00am-5:00pm	 <p>Happy New Year!</p>	1 NEW YEAR'S DAY LINEUP 9:00am: BODY COMBAT w/Renada & Julia 10:30: BODY PUMP w/Julia & Lu 12:00: YOGA w/Jean NO EVENING CLASSES	2 9:15AM BARRE – KERRI 11:15AM YOGA FOR ALL LEVELS – GILLIAN 4:45PM BARRE – RENADA 5:30PM GRIT – RENADA 6:00PM BODYCOMBAT – JULIA	3 5:30AM BODYPUMP – CHRISTY 9:15AM 20/20/20 – JAMES 10:30AM GENTLE YOGA – JEAN 4:15PM BODYCOMBAT – RENADA 5:15PM BODYPUMP – VAL 6:30PM GENTLE YOGA – JEAN 7:30PM ZUMBA – SANDRA	4 9:00AM BODY PUMP -SUSAN 11:15AM YOGA FOR ALL LEVELS – GILLIAN 4PM YOGA - ROBIN	5 8:00AM YOGA – ROBIN 9:15AM BODYPUMP –VAL
6 9:30AM 90-MINUTE BODYCOMBAT – LISA 11:00AM BODY PUMP - JULIA	7 9:00AM BODYPUMP – SUSAN 10:30AM LOW ON THE GO - KATHY 5:00PM GRIT - RENADA 5:30PM 20/20/20– KATHY 7:30PM YOGA – ROBIN	8 5:30AM BODYPUMP – CHRISTY 9:00AM 20/20/20 – KERRI 4:15PM BODYCOMBAT – RENADA 5:15PM BODYPUMP – SHELLEY 6:30PM GENTLE YOGA – JEAN 7:30PM ZUMBA – SANDRA	9 9:15AM BARRE – KERRI 11:15AM YOGA FOR ALL LEVELS – GILLIAN 4:45PM BARRE – RENADA 5:30PM GRIT – RENADA 6:00PM BODYCOMBAT – JULIA	10 5:30AM BODYPUMP – CHRISTY 9:15AM 20/20/20 – JAMES 10:30AM GENTLE YOGA – JEAN 4:15PM BODYCOMBAT – RENADA 5:15PM BODYPUMP – VAL 6:30PM GENTLE YOGA – JEAN 7:30PM ZUMBA – SANDRA	11 9:00AM BODY PUMP -SUSAN 11:15AM YOGA FOR ALL LEVELS – GILLIAN 4PM YOGA - ROBIN	12 8:00AM YOGA – ROBIN 9:15AM BODYPUMP –VAL
13 9:30AM 90-MINUTE BODYCOMBAT – LISA 11:00AM BODY PUMP - JULIA	14 9:00AM BODYPUMP – SUSAN 10:30AM LOW ON THE GO - KATHY 5:00PM GRIT - RENADA 5:30PM 20/20/20– KATHY 7:30PM YOGA – ROBIN	15 5:30AM BODYPUMP – CHRISTY 9:00AM 20/20/20 – KERRI 4:15PM BODYCOMBAT – RENADA 5:15PM BODYPUMP – SHELLEY 6:30PM GENTLE YOGA – JEAN 7:30PM ZUMBA – SANDRA	16 9:15AM BARRE – KERRI 11:15AM YOGA FOR ALL LEVELS – GILLIAN 4:45PM BARRE – RENADA 5:30PM GRIT – RENADA 6:00PM BODYCOMBAT – JULIA	17 5:30AM BODYPUMP – CHRISTY 9:15AM 20/20/20 – JAMES 10:30AM GENTLE YOGA – JEAN 4:15PM BODYCOMBAT – RENADA 5:15PM BODYPUMP – VAL 6:30PM GENTLE YOGA – JEAN 7:30PM ZUMBA – SANDRA	18 9:00AM BODY PUMP - SUSAN 11:15AM YOGA FOR ALL LEVELS – GILLIAN 4PM YOGA - ROBIN	19 LES MILLS LAUNCH PARTY!! 8:00- GRIT: RENADA 8:30- BODY COMBAT: RENADA & JULIA 9:30- BODY PUMP VAL & JULIA
20 9:30AM 90-MINUTE BODYCOMBAT – LISA 11:00AM BODY PUMP - JULIA	21 9:00AM BODYPUMP – SUSAN 10:30AM LOW ON THE GO – KATHY 5:00PM GRIT - RENADA 5:30PM 20/20/20– KATHY 7:30PM YOGA – ROBIN	22 5:30AM BODYPUMP – CHRISTY 9:00AM 20/20/20 – KERRI 4:15PM BODYCOMBAT – RENADA 5:15PM BODYPUMP – SHELLEY 6:30PM GENTLE YOGA – JEAN 7:30PM ZUMBA – SANDRA	23 9:15AM BARRE – KERRI 11:15AM YOGA FOR ALL LEVELS – GILLIAN 4:45PM BARRE – RENADA 5:30PM GRIT – RENADA 6:00PM BODYCOMBAT – JULIA	24 5:30AM BODYPUMP – CHRISTY 9:15AM 20/20/20 – JAMES 10:30AM GENTLE YOGA – JEAN 4:15PM BODYCOMBAT – RENADA 5:15PM BODYPUMP – VAL 6:30PM GENTLE YOGA – JEAN 7:30PM ZUMBA – SANDRA	25 9:00AM BODY PUMP -SUSAN 11:15AM YOGA FOR ALL LEVELS – GILLIAN 4PM YOGA - ROBIN	26 8:00AM YOGA – ROBIN 9:15AM BODYPUMP – VAL
27 9:30AM 90-MINUTE BODYCOMBAT – LISA 11:00AM BODY PUMP – JULIA	28 9:00AM BODYPUMP – SUSAN 10:30AM LOW ON THE GO – KATHY 5:00PM GRIT - RENADA 5:30PM 20/20/20– KATHY 7:30PM YOGA – ROBIN	29 5:30AM BODYPUMP – CHRISTY 9:00AM 20/20/20 – KERRI 4:15PM BODYCOMBAT – RENADA 5:15PM BODYPUMP – SHELLEY 6:30PM GENTLE YOGA – JEAN 7:30PM ZUMBA – SANDRA	30 9:15AM BARRE – KERRI 11:15AM YOGA FOR ALL LEVELS – <u>CRISTAL</u> 4:45PM BARRE – RENADA 5:30PM GRIT – RENADA 6:00PM BODYCOMBAT – JULIA	31 5:30AM BODYPUMP – CHRISTY 9:15AM 20/20/20 – JAMES 10:30AM GENTLE YOGA – JEAN 4:15PM BODYCOMBAT – RENADA 5:15PM BODYPUMP – VAL 6:30PM GENTLE YOGA – JEAN 7:30PM ZUMBA – SANDRA		

Gym Hours: M-TH 5am – 10pm, FRI 5AM – 9PM Sat, 7AM-7PM, Sun 7am – 5pm; **Kids Club:** M-F 8:30am– 12:30pm, 4:00pm – 7:30pm, Sat & Sun 8:00am – 12:00PM