

JANUARY

☼ = Specialty Class | ◇ = New Class

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
			1 NEW YEAR'S DAY CLUB HOURS 9AM-3PM	2 6:00am - S,C,F with TRX Mike L (45 min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - 10:15 Spin 10:15-10:30 SCULPT Jen 10:30am Stretch & Restore Christine 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Damaris (45min spin 15 min pump)	3 6am SPIN & CORE Jen 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	4 8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Kelli (Upstairs) 9:00am - Spin Jen 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris
5 9:00am - FIT & SPIN Elise 9am HIIT Val	6 6:00am FIT & SPIN Mike L 7:30am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mark	7 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 6:00pm - Pump Missy 6:00pm Bike & Abs Mark	8 6:00am - Bootcamp Mike 7:30am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00p SPIN & SCULPT Mark 6:00pm - HIIT TRX & Core Keith	9 6:00am - S,C,F with TRX Mike L (45 min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - 10:15 Spin 10:15-10:30 SCULPT Kelli 10:30am Stretch & Restore Christine (30 min) 5:00pm - Dance Fitness Damaris 6:00pm - SPIN & PUMP Damaris (45min spin 15 min pump)	10 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	11 8:00am - Bootcamp Mike 8:00am - Barre/Sculpt Damaris (Upstairs) 9:00am - Spin Mark 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy
12 9:00am - FIT & SPIN Mark 9am HIIT Val	13 6:00am FIT & SPIN Jen 7:30am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Damaris	14 6:00am - Cross Cond & HIIT Mike L 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Jen (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mark	15 6:00am - Bootcamp "T" 7:30am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Damaris 6:00pm - HIIT TRX & Core Keith	16 6:00am - S,C,F with TRX Mike L (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - 10:15 Spin 10:15-10:30 SCULPT Jen 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Mark (45min spin 15 min pump)	17 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	18 8:00am - Bootcamp Christine 8:00am - Barre/Sculpt Kelli (Upstairs) 9:00am - Spin Jen 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris
19 9:00am - FIT & SPIN Mark 9am HIIT Damaris	20 6:00am FIT & SPIN Mark 7:30am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mike L	21 6:00am - Cross Cond. & HIIT Mike L 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Jen (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mark	22 6:00am - Bootcamp "T" 7:30am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Mark 6:00pm - HIIT TRX & Core Keith	23 6:00am - S,C,F with TRX Mike L (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - 10:15 Spin 10:15-10:30 SCULPT Kelli 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Damaris (45min spin 15 min pump)	24 6am SPIN & CORE Damaris 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	25 8:00am - Bootcamp Val 8:00am - Barre/Sculpt Christin (Upstairs) 9:00am - Spin (video) Mark 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy
26 9:00am - FIT & SPIN Elise 9am HIIT Val	27 6:00am FIT & SPIN Mike L 7:30am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Damaris	28 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone, Strength & Abs Kelli 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mike L	29 6:00am - Bootcamp Mike L 7:30am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Damaris 6:00pm - HIIT TRX & Core Keith	30 6:00am - S,C,F with TRX Jen (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - 10:15 Spin 10:15-10:30 SCULPT Jen 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Mark (45min spin 15 min pump)	31 6am SPIN & CORE Jen 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - BIKE & BUBBLES Christine	*WEATHER POLICY QUEEN ANNES COUNTY SCHOOL DELAYS & CLOSINGS *AM CLASSES BEFORE 9:30 REMAIN ON TIME 9:30 CLASSES WILL BE DELAYED ONE HOUR KIDS CLUB WILL BE DELAYED ONE HOUR AQUA CLASSES REMAIN ON TIME

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