








TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:45 AM	Kickboxing: Amy	Step: Diana	Kickboxing: Amy	Cardio Boot Camp: Diana	(5:30) Indoor Cycling: Steve	Jan. 7: 9:00 am Step: Diana 10:00 am Kickboxing: Amy Jan. 14: 9:00 am Cardio & abs: Marsha 10:00 am Excerjazz: Crista Jan. 21: 9:00 am Indoor Cycling: Angie 10:00 am Zumba: Amanda L. Jan. 28: 9:00 am Rock Climbing Challenge 10:00 am Yoga: Crista 	
8:00 AM	SilverSplash: Chris  (Open to all)		SilverSplash: Chris  (Open to all)		SilverSplash: Chris  (Open to all)		
8:30 AM	Toning: Susan	Step 'n Tone: Chris	Toning: Susan	Step 'n Tone: Chris	Toning: Susan		
9:30 AM	Cardio: Angie	Silver Sneakers: Angie  (Open to all)	Indoor Cycling: Angie	Silver Sneakers: Angie  (Open to all)	Step: Angie		
11:00 AM		(10:30) Tai Chi: Stephen	Yoga: Crista		Yoga: Crista		
12:15 PM	Upper body machines: Kristen G.	Legs & intervals: Kristen G.	Upper body & intervals: Kristen G.	Leg machines: Kristen G.	Cardio: Marsha		
12:45 PM	Core & Stretching: Kristen G.	Core & Stretching: Kristen G.	Core & Stretching: Kristen G.	Core & Stretching: Kristen G.			
4:30 PM	M-F Supervised Playtime 4:00-8:00PM	Yoga: Laurie J.	Indoor Cycling: Robin	Rock Climbing Wall available M-F 8:00AM-8:00PM & Sat. 9AM-3PM Free for members!	Cardio Mix: Robin		Periodic Petra's Pals Activities (see flyers)
5:15 PM		Indoor Cycling: Laurie S.	Core & Stretching Training: Kristen G.		Core & Stretching Training: Kristen G.		
6:00 PM		Pilates: Jennifer	Zumba®: Amanda L. Join the party! 		Power Pilates: Jennifer	Zumba®: Amanda L. Join the party! 	Orientation for new members Jan. 6 (Must sign up)

**Fit For Life reserves the right to cancel or reschedule activities without notice. Classes with fewer than 5 members present may be cancelled up to 15 minutes after scheduled start time.