


# DOWNTOWN BRANCH January Group Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>\$ Practical Strength</b> 8:30 AM Emilie Group Exercise Studio	<b>\$20/20/20</b> 8:30 AM Jen S Group Exercise Studio	<b>Core Fight</b> 8:30 AM Emilie Group Exercise Studio	<b>\$CARDIO BARRE</b> 8:30 AM Allie Group Exercise Studio	<b>\$Pumped Up Strength</b> 8:30 AM Allie Group Exercise Studio	<b>Rebounce</b> 9:00 AM Sheryl Group Exercise Studio
<b>Seniors In Motion</b> 10:00 AM Jen S					
	<b>\$ BODY PUMP</b> 5:30 PM Jen- Group Exercise Studio				
<b>ZUMBA</b> 5:30 PM Jen- Group Exercise Studio	<b>ZUMBA</b> 5:30 PM Tracy- Multi Purpose Room	<b>\$ CARDIO HIIT</b> 5:30 PM Rosa- Group Exercise Studio	<b>\$ Human Reformer Pilates</b> 5:30 PM Rosa- Group Exercise Studio		<b>SUNDAY</b>

## NEW CLASS ALERT

**\$ Practical Strength**  
 A full body strength training class.

Monday, 8:30 AM  
 Emilie-Group Exercise Studio

**\$ Pumped Up Strength**

Friday, 8:30 AM  
 Allie -Group Exercise Studio

**Core Fight**

Shadow boxing and core intervals for a core  
 crushing cardio workout.

Wednesday, 8:30 AM  
 Emilie  
 Group Exercise Studio

## CLASS MOVES

**\$ BODY PUMP**

Tuesday night, 5:30 PM  
 Jen- Group Exercise Studio

**\$Rebounce**

Saturday morning, 9:00 AM

Sheryl  
 Group Exercise Studio