

COMMIT TO BE FIT

Free Group Fitness Class Schedule

Session 1: January–February • Session 2: March–May

Participants must be signed up for COMMIT TO BE FIT to qualify for free Group Fitness classes

Class	Instructor	Day, Date, and Time	Class Info & Notes
Spinning	Alison	Wednesday, January 4 • 6:30–7:15pm	<p>Most classes require some set-up time.</p> <p>Please arrive to class 5 minutes prior to scheduled starting time.</p> <p>No admittance 5 minutes after class starts.</p> <p>Classes are subject to change and may be cancelled at any time.</p> <p>Instructor substitution may occur without notice.</p> <p>Sundays are adults only until 1:00pm</p> <p>Class availability is on a first come, first serve basis. If a class is at maximum capacity, instructors have the right to limit the number of students allowed.</p> <p>SPINNING is a registered trademark of Mad Dogg Athletics, Inc.</p>
Cardio Sculpt	Joann	Friday January 6 • 9:45–10:30am	
Fit for Life	Katherine	Monday, January 9 • 1:00–2:00pm	
Express Workout	Laurie	Thursday, January 12 • 4:30–5:00pm	
Spinning	Nancy	Tuesday, January 17 • 7:10–8:00am	
Aquacize	Carole	Wednesday, January 18 • 5:30–6:30pm	
Cardio Kick & Sculpt	Laurie	Monday, January 23 • 6:30–7:15pm	
Power & Grace	Katherine	Thursday, January 26 • 9:45–10:45am	
Retro Hi-Lo	Laurie	Tuesday, January 31 • 6:30–7:15pm	
Spin Yoga	Joann	Friday, February 3 • 8:35–9:35am	
Yoga Flow	Katherine	Tuesday, February 7 • 9:45–10:45am	
Total Body Conditioning	Kara	Thursday, February 9 • 5:30–6:15pm	
Aquacize	Carole	Monday, February 13 • 8:45–9:45am	
Gentle Yoga	Katherine	Friday, February 17 • 1:00–2:00pm	
Zumba	Katherine	Monday, February 20 • 9:45–10:15am	
Yoga for Flexibility & Balance	Katherine	Monday, February 20 • 10:20–10:50am	
Cardio Kick & Sculpt	Laurie	Wednesday, February 22 • 5:30–6:15pm	