

**TODAY'S GROUP FITNESS CLASSES**  
**MONDAY**

<b>TIME</b>	<b>CLASS</b>	<b>LOCATION</b>	<b>INSTRUCTOR</b>
6:45 AM	Bodypump™	Studio 5	Mary
8:30 AM	Gentle Yoga	Studio 3	Constance
9:00 AM	Golden Sneakers Dynamic	Studio 6	Mark
9:35 AM	Slow Flow Yoga	Studio 3	Constance
10:00 AM	Bodyblast	Studio 2	Brynne
10:45AM	Barre *begins 1/14	Studio 3	Rachel
12:00 PM	Golden Sneakers Total Body	Meet in Fitness Ctr	Dodi
5:30 PM	Tai Chi Flow	Studio 3	Carol
6:00 PM	Piloxing™	Studio 5	Taylor
6:05 PM	Slow Flow Yoga	Studio 3	Meghan
6:15 PM	Cycle-45	Studio 4	Tom
6:30 PM	TRX-60	TRX Arena	Jason
7:00 PM	Zumba™	Downtown Stage	Tiffany