

JANUARY 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
8:15-9:15am ZUMBA	ADRIANA STUDIO	5:30-6:00am PILATES	JAMIE B. STUDIO	5:30-6:30am TRIPLE FIT	JAMIE B. GYM	5:30-6:00am FUNCTIONAL FITNESS	JAMIE B GYM	8:15-9:15 TRIPLE FIT	JANIE GYM	8:00-8:30am GRIT	JAMIE M GYM
8:15-9:15 am BARRE CARDIO	SIMINE GYM	8:00-8:45am SCULPT & STRETCH	JULIE STUDIO	8:15-9:15am CIRCUIT TRAINING	BRANDI STUDIO	8:15-9:00am MATRIX CIRCUIT	WELLNESS FLOOR	8:15-9:00am MATRIX CIRCUIT	WELLNESS FLOOR	8:45-9:45am BODY BALANCE	HEATHER STUDIO
8:15-9:00am MATRIX CIRCUIT	WELLNESS FLOOR	8:15-9:00am MATRIX CIRCUIT	WELLNESS FLOOR	8:15-9:00am MATRIX CIRCUIT	WELLNESS FLOOR	8:30-9:30am BFIT	MOLLIE GYM	9:30-10:00am FUNCTIONAL FITNESS	LILLIE GYM	10:00-11:00am BODY PUMP	BECCA STUDIO
9:30-10:00am GRIT STRENGTH	JAMIE M. GYM	8:30-9:30am BFIT	MOLLIE GYM	8:15-8:45am STEP	JAMIE B. GYM	9:00-9:30am CARDIO BURN	JAMIE M STUDIO	9:30-10:30am HIP HOP FITNESS	HILARY STUDIO		
9:30-10:30am BODY PUMP	JESSICA STUDIO	9:00-9:30am BODY PUMP	JESSICA STUDIO	9:00-10:00am BARRE	SIMINE GYM	9:45-10:45am BODY BALANCE	JESSICA STUDIO	10:15-11:15am PILATES	AUTUMN GYM		
10:15-11:15am YOGA	LIZ GYM	9:45-10:15am FUNCTIONAL FITNESS	JAMIE M. GYM	9:30-10:00am GRIT CARDIO	AMANDA M STUDIO	9:45-10:45am BODY PUMP	CASEY GYM	11:30am-12:30pm SENIOR GOLD	MOLLIE GYM		
11:15am-12:15pm SILVER STRENGTH & BALANCE	AUTUMN STUDIO	9:45-10:45am BODY BALANCE	DONNA STUDIO	10:15-11:15am PILATES	AUTUMN GYM	11:00-11:30am BEGINNER LINE DANCING	KIM GYM	5:30-7:00pm ZUMBA ADDICT PARTY	Last Friday of every month		
11:30am-12:30pm SILVER SNEAKERS	PENNY GYM	10:15-10:45am CARDIO BURN	SIMINE GYM	11:15am-12:15pm SILVER STRENGTH & BALANCE	PENNY STUDIO	11:30am-12:30pm LINE DANCING	KIM GYM	SPIN SCHEDULE			
1:00-2:00pm CHAIR YOGA	SHELLEY GYM	11:00-11:30am BEGINNER LINE DANCING	KIM GYM	11:30am-12:30pm SILVER SNEAKERS	AUTUMN GYM	1:00-2:00pm CHAIR YOGA	DEB GYM				
1:00-2:00pm ZUMBA GOLD	JAMIE P. STUDIO	11:30am-12:30pm LINE DANCING	KIM GYM	4:45-5:15pm PILATES	JAMIE B STUDIO	1:00-2:00pm ZUMBA GOLD	JAMIE P. STUDIO	MONDAY 5:30-6:00am JAMIE B 8:15-9:00am JORDYN 6:00-6:30pm AMANDA			
4:15-5:15pm BODY PUMP	CASEY GYM	1:00-2:00pm CHAIR YOGA	DEB GYM	5:30-6:30pm BOOTCAMP	PAIGE GYM	4:30-5:30pm BODY PUMP	JANIE GYM				
5:00-6:00pm HIP HOP FITNESS	HILARY STUDIO	4:45-5:45pm GROUP STRENGTH	JAMIE B. GYM	5:30-6:30pm STEP	JAMIE B STUDIO	5:00-5:30pm GRIT	AMANDA STUDIO	TUESDAY 8:15-9:00am JORDYN 6:00-6:30pm LAUREN			
5:30-6:30pm TRIPLE FIT	JAMIE B. GYM	6:00-7:00pm BODY PUMP	NARCISSA GYM	6:45-7:45pm DANCE CARDIO	ANDREW STUDIO	5:00-5:45pm BARRE STRENGTH	JAMIE UPSTAIRS				
6:15-7:15pm STRONGER AFTER BREAST CANCER	JESSICA STUDIO	6:00-7:00pm YOGA	MARIE STUDIO			5:30-6:30pm LINE DANCING	STUDIO	WEDNESDAY 8:15-8:45am SIMINE			
6:45-7:45pm ZUMBA	ADRIANA GYM					6:45-7:45pm ZUMBA	DORTHY STUDIO				
FRIDAY 8:30-9:30am NARCISSA											
SATURDAY 8:30-9:30am ROTATING INSTRUCTORS											

