

New Year's Resolutions

January Adult Group Fitness Effective Jan 7- Feb 2

SENIORS Studio1
All fitness levels; modifications given- Studio 1 unless noted
CYCLE—Studio 2
AQUA— Recreational Pool Except Deep Water in Competition Pool
Extra fee, requires pre registration

RICHARD E. WORKMAN
Sports & Wellness
Complex



Download the Workman Sports Complex App for a detailed description of classes and last minute schedule changes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5AM Power Hour Emily STUDIO 2	5AM Body Blast Holly	5:15-6:15AM Triple 20 Kelly R (CYCLE/TREADZ/ WEIGHTS)	5AM Body Blast Holly	5AM Treadz & Weightlifting Emily	6:15-6:45 AM TREADZ Emily
5AM BodyShred Tara Studio 1	5:15AM Cycle Diane	5AM BodyShred Tara Studio 1	5AM BodyShred Tara GYM	5:30AM Cycle Michelle B	7-8AM Cycle Fusion Michelle
8AM AquaFit Combo Bonnie	7AM Beginner's Yoga Michelle	8 AM AquaFit Combo Bonnie	5:15AM Cycle Diane	8:15 Barre Carrie	8AM Kickboxing- Step Stacia
8AM Power Hour Carrie	8-8:30AM TREADZ Carrie	8AM High Fitness Carrie	7AM Yoga Michelle	8AM AquaFit Combo Bonnie	9AM Aqua Stix Kelly S
8:30 AM Cycle Theresa	9AM Aqua Tai Chi Bonnie	8:30AM Cycle Theresa	8:15AM PiYO Christy	8:30AM Cycle Karen	9:30AM Aqua Zumba Kelly S
9am Aqua Fitness Michelle	10AM Aqua Low Impact Bonnie	9AM Aqua Fitness/Stretch Annette	9AM Aqua Tai Chi Bonnie	9AM Aqua Fitness/Stretch Annette	
9:15AM Sensational Seniors - Christy	5-5:30PM Core & More Emily	9:15 Strength & Stretch Christy	9:15 Sensational Seniors DRUMS Christy		
10AM Aqua Yoga Michelle	5:30-6:15PM Basic BootCamp Stacia	12-12:30 Cycle Rob	4:15PM Aqua Fitness Celine		
4:15PM Aqua Fitness Celine	5:30-6PM EnduranceCycle Rob	5:15-6 PM Dance Fit Kari	4:15PM Aqua Fitness Celine		
5:15-6 PM Dance Fit Kari	6PM Deep Water Aqua Michelle	5:30PM Cyle Kickboxing Stacia	5-6PM Power Hour Emily		
Swimming Basics 5:30-6PM Rob H.	6:15PM Yoga Flow Vickie D	5:30 PM Aqua Stix Kelly S	5:30-6PM EnduranceCycle Rob		
6PM Cycle Michelle		6PM Aqua Zumba Kelly S	6PM Insanity Stacy		
6:15-7PM Kickboxing- Step Stacia					
7:15-8PM PiYO Kelly R. <i>*starts 1/14*</i>					



- * Sign up at the Front Desk for BodyShred
- * **Group TRX starts Jan7!** Schedule, details, & registration at the front desk
- * Route 66 Challenge Kick OFF Jan 6 Register by Dec 31 to get a Tshirt.



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Classes are subject to change due to participation
Questions? Contact Carrie Wegman
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