













JANUARY 2025 - Group Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30am: E Z Ride with Theresa 	5:30am: SPIN with Keith 	8:00am: SPIN with Theresa 	5:30am: SPIN with Keith 	9:00am: AQUA - Abs and Legs with Janet 	8:00am: SPIN with Keith 	10:00am: ZUMBA with Tashi
10:00am: AQUA with Mary 	9:15 am: BODY SCULPT with Theresa	10:00am: AQUA with Mary 	9:00am: BODY SCULPT with Theresa	9:15am: PILATES MAT with Stephanie	9:00am: HATHA YOGA with Latoya	
10:00am: PILATES MAT with Sue	10:00am: AQUA with Janet 	10:00am: Yoga with Sue	10:00am: Pi/Yo with Theresa-30min			
11:00am: YOGA STRETCH with Sue	10:15am: YOGA STRETCH with Theresa - 30 min	11:00am: Chair Yoga w/weights with Sue	10:30am: Dance Fitness w/Millie	10:15am: BARRE FIT with Theresa (45 mins)	10:00am: KICKBOXING w/Omar	
6:00pm: GET RIPPED HIIT with Trainer Ian	11:00am: SENIOR FIT with Sue	5:30pm: Figure Form Fitness with Coach Omar	11:00am: AQUA with Janet 			11:00am: ZUMBA with Cathy
6:00pm: AQUA FITNESS with Mary 	6:30pm: ZUMBA with Cathy	6:00pm: AQUA with Desiree 	11:30am: GET FIT LITE with Terry			
					12:30pm: Chair Yoga with Terry	
			5:30pm: Hurricane Bootcamp with Trainer Ian			
			7:00pm: KICKBOXING w/Omar			



Please check the website for the latest class updates.
Schedule subject to change!!

www.xlfitness.org/classes