

# 1

JANUARY

# 2018

## ADDITIONAL CLASS CALENDAR

Weekends  
Demos  
TRX  
Rowing

### NOTES:

Starting this month, we will be having a Cycling Theme Ride, the first Sunday of each month. This month, join Brooke on January 7th at 9:00am for a Rhythm Ride!

Wattage Wednesday begins in January! Join our cycling instructors at one of the select times on either January 10th or January 24th and learn about our brand new Schwinn cycles and how to find your watts and get a bang for your buck at every cycle class you take! This is a 30 minute ride - short, sweet, and informative!

Lastly, sign up for Becky W's new TRX Drop-in class every Wednesday at 4:30pm. We're hoping to make this one stick and get it on the permanent schedule for the next TRX session. Join Becky for all five classes this month and get a 3-pack of free smoothies from the FuelBar & a \$15 Spa Western gift card!

SUN	MON	TUES	WED	THURS	FRI	SAT
<p>Don't forget to grab a copy of our new full group fitness schedule to stay up to date on new classes, instructors, and time slots in 2018!</p>	<p>NEW YEAR'S DAY 1 CLUB HOURS 7AM - 3PM</p> <p><b>STRONG</b> BY ZUMBA 10:00am with Kari &amp; Katie</p> <p><b>ZUMBA</b> 11:15am with Kari, Jenny, &amp; Stephanie</p>	<p>2</p> <p><b>TRX</b> TABATA TIME DROPP-IN 4:30pm with Becky W.</p>	<p>3</p> <p><b>TRX</b> HAPPY NEW REAR 11:15am with Amanda</p> <p><b>TRX</b> UPPER &amp; CORE DROPP-IN 6:30pm with Becky W.</p> <p><b>STRONG</b> BY ZUMBA 8:00am with Taeler</p>	<p>4</p> <p><b>TRX</b> TRX DROPP-IN 9:00am with Jamie</p> <p><b>TRX</b> HAPPY NEW REAR 3:30pm with Kari</p>	<p>5</p> <p><b>TRX</b> BLACK JACK DROPP-IN 10:00am with Dan</p> <p><b>STRONG</b> BY ZUMBA 11:00am with Kari</p> <p><b>Dance FITNESS</b> 5:30pm with Stephanie</p>	<p>6</p> <p><b>TRX+ROW</b> 7:15am with Becky W.</p> <p>8:00am - STEP with Jamie</p> <p>9:00am - STRENGTH with Stephanie</p> <p>10:00am - YOGA with Cathy</p>
<p>7</p> <p><b>CYCLE</b> 8:00am - Cycling 101 with Brooke</p> <p>9:00am - Cycling Theme Ride: Rhythm Ride with Brooke</p> <p>Happy New Rear! 1:00pm with Kari</p>	<p>8</p> <p><b>TRX</b> SESSION BEGINS <b>INDO+ROW</b> 10:00am with Dan</p> <p><b>TRX101</b> 4:30pm with Peggy (FREE)</p> <p><b>STRONG</b> BY ZUMBA 6:15pm with Taeler</p>	<p>9</p> <p><b>TRX</b> UPPER &amp; CORE DROPP-IN 4:30pm with Becky W.</p>	<p>10</p> <p><b>CYCLE</b> WATTAGE WEDNESDAY 5:10am, 9:15am, 12:00pm, &amp; 5:30pm</p> <p><b>STRONG</b> BY ZUMBA 8:00am with Taeler</p> <p><b>INDO+ROW</b> 7:00am with Becky W.</p>	<p>11</p> <p><b>INDO+ROW</b> 5:30pm with Jessie</p>	<p>12</p> <p><b>STRONG</b> BY ZUMBA 11:00am with Kari</p> <p><b>BIKER CHICKS</b> 5:30pm with Peggy &amp; Billie</p>	<p>13</p> <p>8:00am - CYCLING with Amanda</p> <p>9:00am - STRENGTH with Amy M.</p> <p>10:00am - YOGA with Michaela</p>
<p>14</p> <p>Happy New Rear! 1:00pm with Jackie</p>	<p>15</p> <p><b>INDO+ROW</b> 10:00am with Stacy</p> <p><b>INDO+ROW</b> 5:30pm with Alissa</p> <p><b>STRONG</b> BY ZUMBA 6:15pm with Billie</p>	<p>16</p> <p><b>TRX</b> LOWER BODY DROPP-IN 4:30pm with Becky W.</p>	<p>17</p> <p><b>INDO+ROW</b> 7:00am with Becky W.</p> <p><b>STRONG</b> BY ZUMBA 8:00am with Taeler</p>	<p>18</p> <p><b>TRX101</b> 4:45pm with Katie (FREE)</p>	<p>19</p> <p><b>STRONG</b> BY ZUMBA 11:00am with Kari</p> <p><b>ZUMBA</b> 5:30pm with Jenny</p> <p>WESTERN HOEDOW! 6:00PM - 9:00PM FREE TO EVERYONE!</p>	<p>20</p> <p><b>STRONG</b> BY ZUMBA 8:00am with Kari</p> <p>9:00am - STRENGTH with Katie</p> <p>10:00am - YOGA with Cathy</p>
<p>21</p> <p>Happy New Rear! 1:00pm with Becky &amp; Katie</p>	<p>22</p> <p><b>INDO+ROW</b> 10:00am with Dan</p> <p><b>STRONG</b> BY ZUMBA 6:15pm with Kari</p>	<p>23</p> <p><b>TRX</b> TRX LADDERS DROPP-IN 4:30pm with Becky W.</p>	<p>24</p> <p><b>CYCLE</b> WATTAGE WEDNESDAY 5:10am, 9:15am, 12:00pm, &amp; 5:30pm</p> <p><b>INDO+ROW</b> 8:00am with Katie</p> <p><b>STRONG</b> BY ZUMBA 8:00am with Taeler</p>	<p>25</p> <p><b>CORECREW</b> 5:30pm with Jessie</p>	<p>26</p> <p><b>STRONG</b> BY ZUMBA 11:00am with Katie</p> <p><b>BIKER CHICKS</b> 5:30pm with Katie &amp; Becky W.</p>	<p>27</p> <p>8:00am - CYCLING with Peggy</p> <p>9:00am - STRENGTH with Becky V.</p> <p><b>INDO+ROW</b> 9:00am with Peggy</p> <p>10:00am - YOGA with Nichelle</p>
<p>28</p> <p>Happy New Rear! 1:00pm with Jessie</p>	<p>29</p> <p><b>INDO+ROW</b> 10:00am with Stacy</p> <p><b>STRONG</b> BY ZUMBA 6:15pm with Katie</p>	<p>30</p> <p><b>TRX</b> TRX CARDS DROPP-IN 4:30pm with Becky W.</p>	<p>31</p> <p><b>STRONG</b> BY ZUMBA 8:00am with Taeler</p>			