



JANUARY

2019

ADDITIONAL CLASS CALENDAR

Weekends
Demos
TRX
Rowing

NOTES

Reminder: All Premier class offerings (rowing & TRX classes) have required sign up due to limited space. Premium class packages are available.

Please sign up at westernracquet.com or by call the front desk at 497-1161

Classes indicated with an * require advance sign up. Sign up sheets for cycling and barre will be made available 30 minutes before the start of class. You may sign up for ONLY your own spot.

Club hours have been shortened on January 1st in observance of New Years Day. We will be open from 7:00am - 3:00pm.

Fine-tune your tennis skills and crush calories with Tennis Xpress. Each class focuses on a specific stroke while also providing a great cardio workout. Perfect for any tennis or fitness level!

SUN	MON	TUES	WED	THURS	FRI	SAT
		1 9:00am with Katie *10:00am with Becky W.	2 6:00am with Becky W. (FREE) *6:30pm DROP-IN with Becky V.	3	4 *9:00am with Dan *5:30pm with Nichelle	5 *7:30am with Becky V. (FREE) *8:00am with Lisa P. *9:00am with Peggy 9:00am - STRENGTH with Becky V. 10:00am - YOGA with Cathy
6 *9:00am Cycling Theme Ride Hills with Brooke *1:00pm with Cathy	7 *10:00am with Becky W. *7:30pm	8 *5:30pm with Jessie	9	10	11 *9:00am with Kari *5:30pm with Jane	12 8:00am with Sara 9:00am - STRENGTH with Lisa O. 10:00am - YOGA with Erin
13 *1:00pm with Kimberly	14 *10:00am with Stacy	15 4:30pm with Becky W.	16 *9:00am	17	18 *9:00am with Dan *5:30pm with Becky W.	19 *8:00am with Lisa P. *9:00am with Lisa O. 9:00am - STRENGTH with Sheila 10:00am - YOGA with Mandy
20 *1:00pm with Lisa O.	21 *10:00am with Dan *12:00pm *5:30pm with Jessie	22	23	24	25 *9:00am with Kari *5:30pm with Becky W.	26 8:00am with Keith *9:00am with Peggy 9:00am - STRENGTH with Amy M. 10:00am - YOGA with Erin
27 *1:00pm with Jessie	28 *10:00am with Stacy *5:30pm with Katie(FREE)	29 *4:30pm with Dan	30 *7:30pm	31		