



JANUARY 2020 FITNESS SCHEDULE

SUNDAY

9:00 A.M.
*FLOW YOGA
Wendy

MONDAY

7:00 A.M.
TRX
Svetlana

8:15 A.M.
SPIN
Kathryn

9:00 A.M.
VINYASA YOGA
Tami

5:00 P.M.
RESTORATIVE YOGA
Lindsey

TUESDAY

7:00 A.M.
SPIN
Karin

9:30 A.M.
BARRE FUSION
Marisa

WEDNESDAY

7:00 A.M.
CIRCUIT
Abby

8:15 A.M.
SPIN
Abby

9:00 A.M.
VINYASA YOGA
Tami

10:30 A.M.
PILATES
Marisa

5:00 P.M.
RESTORATIVE YOGA
Sally

THURSDAY

7:00 A.M.
SPIN
Karin

9:30 A.M.
BARRE FUSION
Jaclyn

10:35 A.M.
WERQ! DANCE
FITNESS
Kirsten

FRIDAY

7:00 A.M.
CIRCUIT
Marisa

8:15 A.M.
SPIN
Kathryn

9:00 A.M.
VINYASA YOGA
Tami

SATURDAY

8:00 A.M.
SPIN
Marisa

9:00 A.M.
STRETCH 101
Lisa

9:15 A.M.
SPIN(45 min)
Marisa

9:15 A.M.
*AERIAL YOGA
Carolyn

9:30 A.M.
PILATES
Lisa

POP UP FITNESS
FENG SHUI WORKSHOP
JAN. 11th AT 11:00 A.M.
THE SHED ART SILO

POP UP FITNESS
HIIT WORKOUT TRAINING
JAN. 18th AT 10:30 A.M.
THE RANCH CLUBHOUSE

*Classes are held at the Nicklaus Fitness Center & are for Full Members and their guests.