

LAST UPDATED  
12/30/2019

# W I N T E R 2 0 2 0

## FITNESS CLASS SCHEDULE

WINTER SESSION I  
JAN. 6-FEB. 9

	MON	TUES.	WEDS.	THURS.	FRI.	SAT.
<b>MORNING</b>						
<b>5:15-5:45 AM</b>	KETTLEBELLS STAFF	POUND HILLARY	KETTLEBELLS STAFF	POUND HILLARY	KETTLEBELLS STAFF	
<b>5:15-6:00 AM</b>	CYCLE KIM		SPIN & SCULPT RACHEL		CYCLE KIM	
<b>7:15-8:00 AM</b>						KETTLEBELLS MARGARET
<b>8:15-9:00 AM</b>		KETTLEBELLS SUE		KETTLEBELLS SUE		
<b>8:15-9:05 AM</b>		YOGA MONIKA		YOGA MONIKA		
<b>8:30-9:30 AM</b>						TAI CHI MITCH
<b>9:00-10:00 AM</b>	INSANITY CHRISTA		CARDIO BOOTIES TRINITY		STRONG KAREN	
<b>9:15-10:15 AM</b>		R.I.P.P.E.D. KAREN		R.I.P.P.E.D. KAREN		
<b>10:15-11:05 AM</b>	SILVERSNEAKERS CIRCUIT SUE		SILVERSNEAKERS CIRCUIT SUE		SILVERSNEAKERS YOGA WHITNEY	
<b>10:30-11:20 AM</b>		SILVERSNEAKERS YOGA KAREN		SILVERSNEAKERS CLASSIC KAREN		
<b>EVENING</b>						
<b>4:00-4:45 PM</b>	POWER PUMP KIM		POWER PUMP KIM			
<b>4:30-5:30 PM</b>		CYCLE TRACY		TURBO KICK TRACY		
<b>5:00-5:45 PM</b>	BOOT CAMP STAFF		BOOT CAMP STAFF			
<b>5:30-6:00 PM</b>		BODYSHRED JULIE		BODYSHRED JULIE		
<b>5:35-6:25 PM</b>					INSANITY CHRISTA	
<b>6:00-7:00 PM</b>	ZUMBA CHELSEA		ZUMBA CHELSEA			
<b>6:15-7:00 PM</b>		STRENGTH & SCULPT CHRISTA		STRENGTH & SCULPT CHRISTA		
<b>7:15-8:05 PM</b>	YOGA JULIE		YOGA CHRISTA			

Contact Hillary Knowles for more fitness class information  
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