

January 2017 Group Exercise Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 9:00 am Cycling- Ilene 9:00 am HIIT- Dennis</p> 	<p>2 9:15 am Boot Camp Vickie 6:30 pm Cycling- Liza</p>	<p>3 9:15 am Zumba@- Vickie 5:30 pm Yoga – Sharon 6:30 pm Zumba@ - Kristen</p>	<p>4 5:30 am Cycling -Cara 9:15 am Tabata & Toning- Liza 5:15 pm TurboKick- Sunny</p>	<p>5 10:30 am Mat Pilates Elaine 5:30 pm Cycling – Mandy 6:30 pm Zumba@ - Kristen</p>	<p>6 10:30 am Line Dancing (advanced) Liza 11:30 am Line Dancing (beginner 30 min) Liza</p>	<p>7 8:00 am- Tabata & Toning- Vickie 9:30 am Cycling- Jim</p>
<p>8 8:15 am Cycling – Liza 8:30 am HIIT- Dennis 9:30 am Zumba@ - Kristen * Zumba Kids classes are 30 minutes</p>	<p>9 9:15 am Boot Camp Vickie 6:30 pm Cycling- Liza</p>	<p>10 9:15 am Zumba@- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba@ - Kristen</p>	<p>11 5:30 am Cycling- Hannah 9:15 am Tabata & Toning- Liza 5:30 pm Barre Blend- Steph</p>	<p>12 10:30 am Mat Pilates Elaine 5:30 pm Cycling – Mandy 6:30 pm Zumba@ - Kristen</p>	<p>13 10:30 am Line Dancing (advanced) Liza</p>	<p>14 8:00 am Step- Vickie 9:00 am Pi-Yo- Sharon 9:30 am Cycling- Ilene</p>
<p>15 8:15 am Cycling – Liza 8:30 am HIIT- Dennis 9:30 am Zumba@ - Kristen</p>	<p>16 9:15 am Boot Camp Vickie 6:00 pm Zumba@ Kids Joy 6:30 pm Cycling- Liza</p> 	<p>17 9:15 am Zumba@- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba@ - Kristen</p>	<p>18 5:30 am Cycling -Cara 9:15 am Tabata & Toning- Liza 5:15 pm TurboKick- Sunny</p>	<p>19 10:30 am Mat Pilates Elaine 5:30 pm Cycling – Mandy 6:30 pm Zumba@ - Kristen</p>	<p>20 10:30 am Line Dancing (advanced) Liza 11:30 am Line Dancing (beginner 30 min) Liza</p>	<p>21 8:00 am- Tabata & Toning- Vickie 9:30 am Cycling- Mandy 10:00 am Barre Blend- Steph</p>
<p>22 8:15 am Cycling – Liza 8:30 am HIIT- Dennis 9:30 am Zumba@ - Joy</p>	<p>23 9:15 am Boot Camp Vickie 6:00 pm Zumba@ Kids Joy 6:30 pm Cycling- Liza</p>	<p>24 9:15 am Zumba@- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba@ - Kristen</p>	<p>25 5:30 am Cycling- Hannah 9:15 am Tabata & Toning- Liza 5:30 pm Barre Blend- Steph</p>	<p>26 10:30 am Mat Pilates Elaine 5:30 pm Cycling – Mandy 6:30 pm Zumba@ - Kristen</p>	<p>27 10:30 am Line Dancing (advanced) Liza</p>	<p>28 8:00 am Step- Vickie 9:30 am Cycling- Michele</p>
<p>29 8:15 am Cycling – Liza 8:30 am HIIT- Dennis 9:30 am Zumba@ - Joy</p>	<p>30 9:15 am Boot Camp Vickie 6:00 pm Zumba@ Kids Joy 6:30 pm Cycling- Liza</p>	<p>31 9:15 am Zumba@- Paula 5:30 pm Yoga – Sharon 6:30 pm Zumba@ - Kristen</p>	<p>Non-member drop-in rate is only \$5! And, your very first class is FREE!</p>	<p>www.progressfitnesspa.com 717-972-0322 2201 Paxton Church Road</p>		