

January 2018 Group Exercise Schedule

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