

# January

## Categories

Mind Body

Cardio/Strength

Energy Burst

### Monday

8:30 AM – 9:00AM  
Core\*

11:00AM – 11:30AM  
Barre^\*

11:45AM – 12:00PM  
Seated Strength and Stretch\*

12:00PM – 12:30PM  
STRONG Nation™\*

3:00PM – 3:45PM  
Yoga\*

5:15PM – 6:00PM  
Strength Training^\*

### Tuesday

11:00AM – 11:30AM  
Yoga Core Fusion

12:00PM – 12:45PM  
Zumba

3:00PM – 3:30PM  
Barre^

3:45PM – 4:00PM  
Stretch and Mobility

### Wednesday

10:00AM – 10:15AM  
Core and Balance

11:00AM – 11:30AM  
HIIT

12:00PM – 12:45PM  
Yoga

3:00PM – 3:30PM  
Pilates

5:15PM – 5:45PM  
Kickboxing

### Thursday

11:00AM – 11:30AM  
Pilates

12:00PM – 12:45PM  
Strength Training^

3:00PM – 3:30PM  
HIIT

3:45PM – 4:00PM  
Cardio

### Friday

8:30AM – 9:00AM  
Cardio Core

10:00AM – 10:15AM  
Stretch and Mobility

11:00AM – 11:30AM  
Barre^

12:00PM – 12:45PM  
Yoga

3:00PM – 3:30PM  
Core

All classes are in Eastern Time and hosted in English unless otherwise noted.

^Class format will include options to supplement body weight exercises, including free weights, mini exercise balls or bands.

\*Classes cancelled 1/3 in recognition of New Year's Day and 1/17 in recognition of Martin Luther King Jr. Day