




January 2012

(859) 442-5800

GROUP FITNESS SCHEDULE

Nursery Hours

Monday-Friday 9:00a-1:00p
 Monday-Thursday 5:00p-8:00p
 Saturday 9:00a-12:00p
aldred.julie@epa.gov

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>1 9:15a Muscle Mix-Sandra 9:30a Spin Core-Tammy 10:30a Senior Fit-Debbie 5:30p 20/20/20-Brittany 5:30p & 6:30p Spin-Kim/Tim 6:30p Pilates-Stephanie 7:30p ZUMBA-Laurel</p>	<p>2 9:15a Muscle Mix-Sandra 9:30a Spin Core-Tammy 10:30a Senior Fit-Debbie 5:30p 20/20/20-Brittany 5:30p & 6:30p Spin-Kim/Tim 6:30p Pilates-Stephanie 7:30p ZUMBA-Laurel</p>	<p>3 9:00a Pilates-Suzanne 10:00a Boot Camp-Amber 10:45a Abs/Stretch-15 Min. 5:30p Spinning-Joe 5:30p Cardio Drills-Brittany 6:00p Muscle X-Brittany 7:00p ZUMBA-Aisha</p>	<p>4 9:15a Power Surge-Tammy 9:30a Spinning-Angie 10:15a Pilates-Michelle 10:30a SENIOR SPIN-Kim 5:00p ZUMBA-Katie 5:30 & 6:30p Spin-Kim/Tiff 7:00p Yoga-Katy</p>	<p>5 9:15a Muscle X-Stacy 10:00a Absolute Abs-Stacy (15 min.class) 10:30a Senior Fit-Sharon 5:30p Muscle X-Jimmi 6:35p Pilates-Stephanie 7:30p JIMMI JAMZ</p>	<p>6 6:10a Spinning-Joe 9:15a BOSU Blast-Angie 9:30a Spinning-Tammy 10:30a Yoga-Michelle 5:45p Cardio Dance-Steve</p>	<p>7 9:15a Cardio Muscle Mix-Jill 9:30a Spinning-Tiffany 10:30a Pilates-Julie 11:30a HIP HOP ZUMBA-Chad</p>
<p>8 9:30a Spinning-Robin 11:00a YOGA</p>	<p>9 9:15a 2 Step-Julie 9:30a Spin Core-Tammy 10:30a Senior Fit-Julie 5:30p 20/20/20-Brittany 5:30p & 6:30p Spin-Kim/Tim 6:30p Pilates-Stephanie 7:30p ZUMBA-Laurel</p>	<p>10 9:00a Pilates-Suzanne 10:00a Boot Camp-Amber 10:45a Abs/Stretch-15 Min. 5:30p Spinning-Joe 5:30p Cardio Drills-Brittany 6:00p Muscle X-Brittany 7:00p ZUMBA-Aisha</p>	<p>11 9:15a Power Surge-Tammy 9:30a Spinning-Angie 10:15a Pilates-Michelle 10:30a SENIOR SPIN-Kim 5:00p ZUMBA-Katie 5:30 & 6:30p Spin-Kim/Tiff 7:00p Yoga-Katy</p>	<p>12 9:15a Muscle X-Stacy 10:00a Absolute Abs-Stacy (15 min. class) 10:30a Senior Fit-Sharon 5:30p Muscle X-Jimmi 6:35p Pilates-Stephanie 7:30p JIMMI JAMZ</p>	<p>13 6:10a Spinning-Joe 9:15a BOSU Blast-Angie 9:30a Spinning-Tammy 10:30a Yoga-Michelle 5:45p Cardio Dance-Steve</p>	<p>14 9:15a Cardio Muscle Mix-Jill 9:30a Spinning-Tiffany 10:30a Pilates-Michelle 11:30a HIP HOP ZUMBA-Chad</p>
<p>15 9:30a Spinning-Robin 11:00a YOGA</p>	<p>16 9:15a Step/Boxing-Julie 9:30a Spin Core-Tammy 10:30a Senior Fit-Julie 5:30p 20/20/20-Brittany 5:30p & 6:30p Spin-Kim/Tim 6:30p Pilates-Stephanie 7:30p ZUMBA-Laurel</p>	<p>17 9:00a Pilates-Suzanne 10:00a Boot Camp-Amber 10:45a Abs/Stretch-15 Min. 5:30p Spinning-Joe 5:30p Cardio Drills-Brittany 6:00p Muscle X-Brittany 7:00p ZUMBA-Aisha</p>	<p>18 9:15a Power Surge-Tammy 9:30a Spinning-Angie 10:15a Pilates-Michelle 10:30a SENIOR SPIN-Kim 5:00p ZUMBA-Katie 5:30 & 6:30p Spin-Kim/Tiff 7:00p Yoga-Katy</p>	<p>19 9:15a Muscle X -Stacy 10:00a Absolute Abs-Stacy (15 min. class) 10:30a Senior Fit-Sharon 5:30p Muscle X-Jimmi 6:35p Pilates-Stephanie 7:30p JIMMI JAMZ</p>	<p>20 6:10a Spinning-Joe 9:15a BOSU Blast-Angie 9:30a Spinning-Tammy 10:30a Yoga-Michelle 5:45p Cardio Dance-Steve</p>	<p>21 9:15a Cardio Muscle Mix-Jill 9:30a Spinning-Tiffany 10:30a Pilates-Julie 11:30a HIP HOP ZUMBA-Chad</p>
<p>22 9:30a Spinning-Robin 11:00a YOGA</p>	<p>23 9:15a Quad Step-Julie 9:30a Spin Core-Tammy 10:30a Senior Fit-Julie 5:30p 20/20/20-Brittany 5:30p & 6:30p Spin-Kim/Tim 6:30p Pilates-Stephanie 7:30p ZUMBA-Laurel</p>	<p>24 9:00a Pilates-Suzanne 10:00a Boot Camp-Amber 10:45a Abs/Stretch-15 Min. 5:30p Spinning-Joe 5:30p Cardio Drills-Brittany 6:00p Muscle X-Brittany 7:00p ZUMBA-Aisha</p>	<p>25 9:15a Power Surge-Tammy 9:30a Spinning-Angie 10:15a Pilates-Michelle 10:30a SENIOR SPIN-Kim 5:00p ZUMBA-Katie 5:30 & 6:30p Spin-Kim/Tiff 7:00p Yoga-Katy</p>	<p>26 9:15a Muscle X-Stacy 10:00a Absolute Abs-Stacy (15 min. class) 10:30a Senior Fit-Sharon 5:30p Muscle X-Jimmi 6:35p Pilates-Stephanie 7:30p JIMMI JAMZ</p>	<p>27 6:10a Spinning-Joe 9:15a BOSU Blast-Angie 9:30a Spinning-Tammy 10:30a Yoga-Michelle 5:45p Cardio Dance-Steve</p>	<p>28 9:15a Cardio Muscle Mix-Jill 9:30a Spinning-Tiffany 10:30a Pilates-Michelle 11:30a HIP HOP ZUMBA-Chad</p>
<p>29 9:30a Spinning-Robin 11:00a YOGA</p>	<p>30 9:15a Step Drills-Julie 9:30a Spin Core-Tammy 10:30a Senior Fit-Julie 5:30p 20/20/20-Brittany 5:30p & 6:30p Spin-Kim/Tim 6:30p Pilates-Stephanie 7:30p ZUMBA-Laurel</p>	<p>31 9:00a Pilates-Suzanne 10:00a Boot Camp-Amber 10:45a Abs/Stretch-15 min. 5:30p Spinning-Joe 5:30p Cardio Drills-Brittany 6:00p Muscle X-Brittany 7:00p ZUMBA-Aisha</p>	<p>YOGA Now on Sundays @ 11:00am. Rejuvenate the mind, body, spirit and soul!</p>	<p>NEW YEAR add a NEW WORKOUT! Muscle has memory so mix it up! See results quicker!</p>		<p>"POWER SURGE" Best of both worlds. High intensity mini circuits you do as a group. Wed @ 9:15am.</p>