

# The Miller Center Group Fitness Schedule

January 3 - 31

Time	Room	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am	CYCLE	<b>Cycle</b> Erv	<b>RPM®</b> Sarah	<b>Cycle</b> Erv		<b>Cycle</b> Erv	
	GF	<b>BodyFlow®</b> Tereza	<b>Pure Strength</b> Sonya	<b>Tabata</b> Sonya	<b>GRIT®</b> Chuck	<b>BodyPump®</b> Jess J	<b>GRIT® (7:30 AM)</b> Chuck (no class Jan 19)
8:15am	GF	<b>BOOM Move®</b> Heather		<b>BodyPump®</b> Tereza	<b>Booty Barre®</b> Kathy	<b>Pure Strength</b> Sonya	<b>BodyPump®</b> Jason (no class Jan 19)
	AB		<b>Sport Yoga</b> Heather		<b>Sport Yoga</b> Heather		
9:15am	GF	<b>BOOM Muscle®</b> Heather	<b>Zumba Toning®</b> Rebecca/Judi	<b>Tabata®</b> Janice	<b>Zumba®</b> Rebecca/Judi	<b>BodyCombat®/BodyAttack®</b> Rebecca/Kathy	<b>Zumba® Rotation*</b> (no class Jan 19)
	CYCLE/ C		<b>Cycle</b> Liz		<b>Cycle</b> Liz (no class Jan 10)	<b>Chair Yoga</b> Dawn	<b>RPM®</b> Jason
	AB	<b>Chair Yoga</b> Dawn		<b>Silver Sneakers Circuit®</b> Heather/Rebecca		<b>Silver Sneakers Circuit®</b> Heather (no class Jan 11)	
10:15am	GF	<b>UrbanKick®</b> Liz		<b>Zumba Sentao®</b> Judi	<b>BodyStep®</b> Kathy		<b>Beginner Ballet</b> Jess H (no class Jan 19)
	AB	<b>Classical Yoga</b> Dawn			<b>Tai Chi®</b> Fawn	<b>Classical Yoga</b> Dawn	
12:00pm	AB	<b>Silver Sneakers Classic®</b> Janice		<b>Restorative Yoga</b> Dawn	<b>Silver Sneakers Classic®</b> Janice		
	GF/ Cycle	<b>Sprint® (Cycle)</b> Emily*	<b>Beginner TRX</b> Matt	<b>Sprint® (Cycle)</b> Emily*	<b>Beginner TRX</b> Matt		
4:15pm	CYCLE/ GF		<b>Sprint® &amp; Warrior</b> Jason	<b>GRIT®</b> Bob	<b>Sprint® &amp; Warrior</b> Jason		
5:30pm	GF	<b>BodyPump®</b> Jess J	<b>Zumba®</b> Valerie	<b>BodyStep®</b> Jess J	<b>BodyPump®</b> Tereza	<b>Booty Barre®</b> Jess H (no class Jan 18)	<b>JANUARY 19: BODYFLOW TRAINING</b> (no group fitness classes)
	CYCLE	<b>Cycle</b> Paula		<b>Cycle</b> Paula	<b>Cycle</b> Jesse		
	AB/ DE	<b>Pilates</b> Jess H (no class Jan 7 or 21)	<b>BodyFlow®</b> Tereza				
6:15pm	GF/ AB	<b>GRIT®</b> Jess J	<b>BodyCombat®</b> Rebecca	<b>CXWORX®</b> Jess J	<b>Zumba® (AB)</b> Jen		

\*Emily is an instructor in training for Sprint®

