



# January Group Exercise Schedule

## Monday

- 5:30 Cycle: Rachel (2)
- 8:30 Pilates: Margie(MB)
- 8:30 Sit & Fit: Keith (1)
- 8:30 Cycle/Step: Tosha(2)
- 9:30 Gentle Yoga: Margie (1)
- 10:45 Zumba: Shon (1)
- 12:15 Body Sculpt: Tosha (1)
- 12:15 Yoga: Keith (MB)
- 4:00 Ab Attack: Jordan (1)
- 4:30 Kickboxing: Jordan (1)
- 5:15 Yoga: Keith (2)
- 5:30 Barre: Rachel (1)
- 6:30 Zumba: Toni (1)
- 7:30 Ballroom: Jim (1)
- 8:30 Ballroom: Jim (1)

## Tuesday

- 6:15 Tabata: Rachel (1)
- 7:30 Long & Lean: Rachel (1)
- 8:30 Tai Chi: Shelia (1)
- 8:30 Power Pilates: Margie (MB)
- 9:30 Gentle Yoga: Sally (1)
- 9:30 Beginner Step: Judy (2)
- 10:30 Young @ Heart: Margie (1)
- 12:15 Barre: Margie(1)
- 4:00 Ab Attack: Jordan (1)
- 4:30 MELT: Jordan (1)
- 5:00 Overdrive: Rachel (G)
- 5:15 Pilates: Kristin (MB)
- 5:30 Ride & Run: Meg (2)
- 5:30 Zumba Step: Shon (1)
- 6:30 Vinyasa: Margie (1)

## Wednesday

- 5:15 Xpress Cycle: Rachel (2)
- 6:15 MELT: Rachel (1)
- 7:30 Yoga: Keith (1)
- 8:30 Pilates: Keith (1)
- 8:30 Kickboxing: Jordan (2)
- 9:30 Body Sculpt: Jordan (2)
- 9:30 Sit & Fit: Shelia (1)
- 9:30 Hatha Yoga: Margie (MB)
- 10:45 Low Impact: Judy(1)
- 12:15 Butts & Guts: Jordan (1)
- 3:30 Yoga: Keith (1)
- 4:30 Body Bar Boxing: Rachel (1)
- 4:45 Power Pilates: Margie (MB)
- 5:30pm Xpress Cycle: Rachel (2)
- 5:30 Step: Courtney (1)
- 6:00 Ab Attack: Rachel (2)
- 6:00 Warrior Sculpt: Margie (MB)
- 6:30 Zumba: Rotating (1)

## Thursday

- 6:15 Kickboxing: Shon(1)
- 8:30 Overdrive: Jordan (G)
- 8:30 Tai Chi: Shelia (1)
- 9:30 Ab Attack: Jordan (G)
- 9:30 Gentle Yoga: Sally (1)
- 9:30 Beginner Step: Judy (2)
- 10:30 Young @ Heart: Judy (1)
- 11:15 Xpress Cycle: Meg (2)
- 12:15 BodyBar Box: Jordan (1)
- 12:15 Yoga: Peggy (MB)
- 4:00 Ab Attack: Tosha(1)
- 4:30 Body Sculpt: Tosha (1)
- 5:15 Yoga: Keith (MB)
- 5:30 Overdrive: Lauren (G)
- 5:30 Cycle/Sculpt :Meg (2)
- 6:30 Zumba: Toni (1)

## Friday

- 5:30 Cycle: Rachel (2)
- 6:30 Ab Attack: Rachel (1)
- 8:30 Step: Jordan (1)
- 8:30 Sit & Fit: Margie (2)
- 9:30 Barre: Kristin (1)
- 9:30 Gentle Pilates: Margie (MB)
- 10:30 Yoga: Peggy (MB)
- 10:45 Beginner Kickboxing: Judy (1)
- 12:15 Tabata: Margie (G)
- 4:30 Kickboxing: Courtney (1)
- 5:30 Power Pilates: Margie (MB)
- 5:30 Ballroom: Jim (1)
- 6:30 Ballroom: Jim (1)

## Saturday

- 8:30 Cycling: Rotating(2)
- 9:30 MELT: Lauren (1)
- 10:30 Zumba: Rotating (1)
- 11:30 Step: Keith

## Sunday

- 1:00 Power Pilates: Margie (1)
- 2:00 Strong by Zumba: Shon (1)

- Lift Burn classes
- Lift Pump classes
- Lift Mind Body classes
- Lift Fusion classes
- Lift Lite classes

(G)=Gym

(1)=Studio 1

(2)=Studio 2

(MB)=Mind Body studio

## **Lif+** Pump Classes



Our pump classes are intended to help you gain maximum strength, better posture, balance, and overall muscle tone.

## **Lif+** Fusion Classes



The fusion classes bring you the best of both worlds. These classes fuse two formats in one!

## **Lif+** Burn Classes



Come torch calories and expect to sweat in our burn classes. These classes are non-stop and cardio-based.

## **Lif+** Lite Classes



Our lite classes are low impact , low intensity, and easy on the joints. Great for those with limitations, new to fitness or looking for a slower pace.

## **Lif+** Mind Body



The mind and body classes will help you to relax while gaining better mobility, balance, and state of mind.

*See full class description packets for more information or visit [liftjackson.com](http://liftjackson.com).*