

S T U D I O  O N E	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00am Tami Triple H.I.I.T		6:00am Shannon BosuXplode	6:00am Tami Triple H.I.I.T	6:00am Nancy Xtrain Challenge		
	8:00am Liz ZUMBA	<b>NEW CLASS</b> Starts on 1/9/2012	8:00am Liz ZUMBA			8:00am Bill/Tami Total Body Conditioning	
	9:30am Katie CardioSculpt		9:00am Kathy Power Tone	9:30am Katie CardioSculpt	<b>NEW TIME</b>	9:00am Bill/Tami StepXpress	
		10:45am Nancy HealthyFit 55	<b>NEW CLASS</b>	10:45am Nancy HealthyFit 55		10:00am Shannon 	
		12:00pm Katie Cardio Strength			12:00pm Evy Pilates		11:30am Shannon 
	6:30pm Shannon 	6:00pm Tracey Total Body Conditioning	6:00pm Juli ZUMBA	6:00pm Tracey Total Body Conditioning			
	7:15pm Shannon AWESOME ABS	7:30pm Sandra ZUMBA	7:00pm Shannon 	7:00pm Mike Cardio Dance Mix			
			8:00pm Shannon AWESOME ABS	<b>NEW CLASS</b>			

## JANUARY

## A New Year..... A New YOU!!!

S T U D I O  F O O R		5:30am Wade Vinyasa Yoga		5:30am Wade Vinyasa Yoga		<b>NEW CLASS</b> Starts on 1/8/2012	8:30am Sarah Pilates
	8:30am Eileen Yoga		8:30am Eileen Yoga		8:30am Rashmi Yoga		9:45am Eileen Yoga
		10:00am Evy Pilates	<b>STUDIO CHANGE</b>	9:00am Wade Vinyasa Yoga			
	7:00pm Kristin Yoga	7:00pm Bill ABS & Stretch	7:00pm Kristin Yoga	7:00pm Alexis Pilates	<b>NEW CLASS</b>	A Smarter Workout	

## \* GROUP CYCLE \* GROUP CYCLE \* GROUP CYCLE \*

S T U D I O  T W O		6:00am Tracey	6:00am Gretchen <b>NEW TIME</b>	6:15am Marina				
					7:15am Devine	8:00am Devine/Gretchen		
	12:00pm Barbara		12:00pm Evy				9:30am Christine	
		5:30pm Helen <b>NEW TIME</b>		5:30pm Helen <b>NEW TIME</b>	All Group Cycle classes are 45 - 60 minutes unless otherwise noted		Mike Rowe Group Exercise Director mike@vantage-fitness.com	
	6:30pm Devine							