

## **Sunday, 1-14:**

- 9:00 AM Circuit Assist
- 10:00 AM. PERSONAL TRAINING OPEN
- 11:00 AM TRX Fundamentals
- 1:50 PM. Hydro Assist
- 2:00 PM. PERSONAL TRAINING OPEN
- 3:00 P.M Tai Chi
- 4:00 PM. PERSONAL TRAINING OPEN

## **Monday, 1-15:**

- 8:00 AM. Pilates Training
- 12:00 AM. Package
- 2:00 PM Pickleball Secrets
- 3:00 PM. PERSONAL TRAINING OPEN
- 4:00 PM. PERSONAL TRAINING OPEN

## **Tuesday, 1-16:**

- 10:00 AM Pickleball Int Assist
- 11:00 AM. Cardio brain training
- 12:00 AM. Package
- 2:00 PM. Circuit Lead
- 3:00 PM Healthy Back
- 4:00 PM. PERSONAL TRAINING OPEN

## **Wednesday, 1-2:**

- 6:30 AM Dove Hike
- 9:00 AM. Stretch Assist
- 10:00 PM. Circuit Assist
- 11:00 PM Chant
- 12:00 PM Package