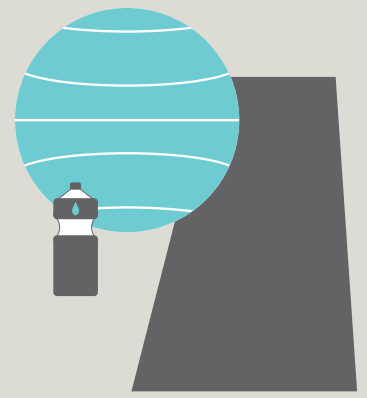


January's Group Exercise Notes



New

Mindfulness

This class consists of group discussion and a short, guided meditation with the goal of bringing awareness into your daily life. All are welcome to attend the class which will be held on:

- Thursdays: 11:05 - 11:50 am (Tanesha, Group Exercise Studio)

Additions

Performance Cycling

- Tuesdays and Thursdays, 6:45 - 7:35 pm (Kris F., RYDE Studio)

PiYo

- Saturdays, 8:30 - 9:20 am (Amy, Barre Studio)

Quick Shots

- Sundays, 8:05 - 8:35 am (Katie, Barre Studio)
- Sundays, 8:45 - 9:15 am (Katie, Barre Studio)
- Mondays and Wednesdays, 6:45 - 7:15 pm (Ingrid, Barre Studio)

(As a reminder, you must register for Quick Shots.)

Changes

- Tuesday's 4:30 pm Fusion class is changing to TurboKick (Amy).

The following classes are being removed from the schedule:

- Yoga: Tuesday and Thursday, 5:15 am
- Kickboxing: Monday, 6:35 pm
- Barre: Saturday, 9:00 am