



## January 2018 Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>0515</b>	Bodypump (A) Angela	Kettlebell (C) Carrie Cycling (D) Shauna	Bodypump (A) Angela	Kettlebell (C) Carrie Cycling (D) Shauna	Bodypump (A) Angela	
<b>0830</b>	Insanity (A) Cristina ❤️			Insanity (A) Cristina ❤️		
<b>0900</b>	HIIT (B/C ) Tami	TRX (B/C ) Tami	Zumba (A) Ashley ❤️ HIIT (B/C ) Tami	TRX (B/C ) Tami		<b>09:15</b> Bodypump (A) Eddie <b>09:15</b> Yoga (D) Luz
<b>0930</b>	Cycling (D) Sarah Zumba (A) June ❤️		Cycling (D) Sarah		Cycling (D) Sarah STRONG (A) June ❤️	Zumba (gym) Ashley ❤️
<b>1000</b>		Yoga (B) Tami	STRONG (A) June	Yoga (B) Tami		
<b>1030</b>						Cycling (D) Danae STRONG (A) Gwen
<b>1200</b>	Bodypump (A) Dalicia	Pilates (A) Madeline	Bodypump (A) Dalicia	Zumba (A) Daphne ❤️	PIYO (A) June ❤️	<b>11:15</b> Core (D) Danae (30 min class)
<b>1300</b>					Zumba (A) Ashley ❤️	
<b>1700</b>	Bodypump (A) June Kettlebell (C) Carrie	Insanity (A) Cristina	Bodypump (A) June Kettlebell (C) Carrie	Core De Force (A) Cristina	MIXXEDFIT (A) Carisa ❤️ PIYO (D) June ❤️	
<b>1730</b>	Core De Force (B) Cristina	Cycling (D) Danae		Cycling (D) Danae		
<b>1800</b>	Yoga (D) Luz Zumba (A) Ashley ❤️	MIXXEDFIT (A) Carisa ❤️	Yoga (D) Luz Zumba (A) Ashley ❤️	STRONG (A) Gwen	Core (D) Carisa	
<b>1830</b>		Core (D) Danae		Core (D) Danae		

- Training holiday is 12 Jan - No classes before 0900. No classes on 1st and 15th of Jan due to holidays.

\*\*\*Check out the NEW U and FIT4LIFE programs. There are still a few openings available.

\*\*\*Bodypump 104 Release Special Edition 2 hour class on 13 Jan 0915-1115.

Check Our Fort Riley Fitness on Facebook

[WWW.FACEBOOK.COM/RILEYFITNESS](http://WWW.FACEBOOK.COM/RILEYFITNESS)

Or call 239-2583 for INFO

Child Friendly Classes – Participants may bring their children to all classes annotated with hearts. Children 12 and under may attend for free. Parents are responsible for supervising their children.

**Fitness Marathon: 6 Jan 0930-1130**



Noon classes are 45 minutes and all Core classes are 30 minutes.