



GROUP EXERCISE JANUARY 2019

SCAN TO



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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|---|---|---|
| | New Year's Eve Hours 7a-5p New Years Day Hours-7a-5p | Let PH&FC be a part of your New Years Health & Fitness Resolutions Try one of our group exercise classes today! Happy New Year | 6:00 HCC KEITH(up) 9:00 TBC PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 Y JENNIFER 4:15 B DANIELLE(up) 5:30 SZ KATELYN 6:30 B&B BETH | 6:00 AMS NANCY 9:00 SZ PAM 10:15 BLD NANCY 11:15 SSY DIXIE 4:15 Z DANIELLE 5:15 Y HANNAH(up) 5:30 BC/S FRANK 6:30 Z CHRISTINA 6:30 C CRYSTAL(up) | 6:00 HCC JENNY(up) 8:00 Y NANCY 9:15 CH PAM 11:15 SS NANCY 4:30 CH KEITH | 8:00 C SUZANNE(up) 9:00 Z CHRISTINA 10:00 SZ KATELYN |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| YOGA 2:00 With JENNIFER | 5:15 C JENNY (up) 6:00 TBC SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 CH STACEY 5:30 SZ PAM 6:30 BOX BETH | 9:00 CS NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:15 Z KATELYN 5:15 Y DANIELLE(up) 5:30 BC/S FRANK 6:30 Z CHRISTINA 6:30 C JENNY(up) | 6:00 HCC KEITH(up) 9:00 TBC PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 Y SANDRA 4:15 B DANIELLE(up) 5:30 SZ KATELYN 6:30 R&B BETH | 6:00 AMS DENISE 9:00 SZ PAM 10:15 BLD DIXIE 11:15 SSY JENNIFER 4:15 Z CHRISTINA 5:15 Y JENNIFER(up) 5:30 BC/S CRYSTAL 6:30 Z KATELYN 6:30 C TIFFANY(up) | 6:00 CH FRANK 8:00 Y NANCY 9:15 CH PAM 11:15 SS JENNIFER 4:30 CH JR | 8:00 C JENNY(up) 9:00 NO CLASS 10:00 NO CLASS AFFA YOGA TRAINING 8:00-1:00 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| YOGA 2:00 With DANIELLE | 5:15 C BETH (up) 6:00 TBC SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 CH TIFFANY 5:30 SZ KATELYN 6:30 BOX BETH | 9:00 CS MOLLIE 10:00 Y NANCY 11:15 LD DIXIE 4:15 Z KATELYN 5:15 Y JENNIFER (up) 5:30 BC/S FRANK 6:30 Z CHRISTINA 6:30 C STACEY(up) | 6:00 HCC JENNY(up) 9:00 TBC NANCY 10:15 M&G TRACY 11:15 SS DIXIE 4:15 Y SANDRA 4:15 B DANIELLE(up) 5:30 SZ PAM 6:30 R&B BETH | 6:00 AMS DENISE 9:00 SZ PAM 10:15 BLD NANCY 11:15 SSY NANCY 4:15 Z DANIELLE 5:15 Y HANNAH(up) 5:30 BC/S CRYSTAL 6:30 Z KATELYN 6:30 C SUZANNE(up) | 6:00 HCC KEITH (up) 8:00 Y DANIELLE 9:15 CH STACEY 11:15 SS NANCY 4:30 CH KEITH | 8:00 C BETH(up) 9:00 Z DANIELLE 10:00 Y PH&FC Yoga Instructors will come together for a Special Day of Yoga 10:00-11:30 Refreshments!!! |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| YOGA 2:00 With JENNIFER | 5:15 C JENNY (up) 6:00 TBC SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 CH STACEY 5:30 GS GRAND SLAM 6:30 BOX NO CLASS | 9:00 CS NANCY 10:00 Y HANNAH 11:15 LD DIXIE 4:15 Z KATELYN 5:15 Y DANIELLE(up) 5:30 BC/S FRANK 6:30 Z CHRISTINA 6:30 C CRYSTAL(up) | 6:00 HCC KEITH (up) 9:00 TBC PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 Y SANDRA 4:15 B DANIELLE(up) 5:30 SZ KATELYN 6:30 R&B BETH | 6:00 AMS NANCY 9:00 SZ PAM 10:15 BLD NANCY 11:15 SSY JENNIFER 4:15 Z CHRISTINA 5:15 Y HANNAH(up) 5:30 BC/S CRYSTAL 6:30 Z DANIELLE 6:30 C BETH(up) | 6:00 CH CRYSTAL 8:00 Y NANCY 9:15 CH STACEY 11:15 SS DIXIE 4:30 CH KATELYN | 8:00 C TIFFANY(up) 9:00 Z KATELYN 10:00 SZ PAM |
| 27 | 28 | 29 | 30 | 31 | | |
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| | Grand Slam Challenge yourself in this 1 1/2 hour class. Approx 20 min segments of our most challenging classes. Jan 21st at 5:30pm | Monday night Box class @ 6:30 will now be 1/2 boxing & 1/2 Strength Training Get it ALL in this 1-hour cardio/ strength class. | We will offer a Painting Class Wed, 1/9 @ 12:30 to our members in the Group Ex Studio. Cost is \$20 More info will be on the group ex bulletin board. | The group ex studio will be closed 1/12 from 8-1 for a Yoga Instructor Training There will not be a 9 or 10 am class that day | PH&FC Yoga Instructors invite you to join us for a special yoga class on Sat, 1/19 @ 10am Refreshments will be served. | |

CLASS KEY: (For class descriptions, please see reverse side)

AMS: AM Stretch Class

B: Barre

BC: Les Mills Body Combat

BLD: Beginning Line Dancing

BC/S: Combat/Strength Training

BOX: Boxing class

C: Cycle

CH: Chisel

CS: Dance Country Sizzle

HCC: Hard Core Cycle

LD: Line Dancing

M&G: Move & Groove

R&B: Resistance Bands & Balls

SS: Silver Sneakers Classic

SSY: Silver Sneakers Yoga

SZ: STRONG by Zumba

TBC: Total Body Challenge

Y: Yoga

Z: Zumba

** (up) Denotes classes taught in the upstairs Cycle/Yoga Studio.