GROUP EXERCISE JANUARY 2022

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
NEW CLASS R.I.P.P.E.D MONDAY AND WEDNESDAY AT 5:30PM ONE STOP BODY SHOP	**NEW Class R.I.P.P.E.D** THE ONE STOP BODY SHOCK **R** RESISTANCE **I** INTERVAL **P** POWER **P** PLYOMETRICS **E** ENDURANCE **D** DIET	Congratulations Pam Stafford & Ashley Shinault PH&FC R.I.P.P.E.D CERTIFIED INSTRUCTORS				**Happy New Year From All Of Your PH&FC Group Exercise Instructors!**
2	3	4	5	6	7	8
RIPPED	6:00 HIIT SAMANTHA 9:00 CH ASHLEY 10:15 M&G TRACY 11:15 SS TRACY 4:15 PP KEITH 5:30 **R PAM** 6:30 KO JENNY	9:00 Z NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 Z DANIELLE 5:30 Y DANIELLE (up) 5:30 W/ST FRANK 6:30 SF BETH H	6:00 HCC JENNY(gym)** 9:00 CH PAM 10:15 M&G TRACY 11:15 SS REBECCA 4:15 T DANIELLE **5:30 R ASHLEY** **New Class R.I.P.P.E.D**	6:00 Y BETH F 9:00 KO PAM 10:15 BLD NANCY 11:15 SSY DIXIE 4:30 SF BETH H 5:30 Y SANDRA(up) 5:30 W FRANK 6:30 Z RENA 6:30 C JENNY(gym)	6:00 TAB BETH F 9:00 Z NANCY 11:15 SS NANCY	8:00 C SUZANNE(gym) 9:00 Z DANIELLE 10:00 **KO JR**
9	10	11	12	13	14	15
RIPPED	6:00 HIIT SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 CH STACEY 5:30 **R ASHLEY** 6:30 KO BETH F	9:00 Z NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 Z DANIELLE 5:30 Y DANIELLE (up) 5:30 W/ST FRANK 6:30 Z LEAH	6:00 HCC JENNY(gym)** 9:00 CH PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 T DANIELLE **5:30 R PAM**	6:00 Y NANCY 9:00 KO PAM 10:15 BLD NANCY 11:15 SSY REBECCA 4:30 SF BETH H 5:30 Y CANDICE(up) 5:30 WAR FRANK 6:30 Z LEAH 6:30 C BETH F(gym)	6:00 HCC KEITH(gym) 9:00 Z NANCY 11:15 SS DIXIE	8:00 C BETH F(gym) 9:00 Z BETH H 10:00 **CH KEITH**
16	17	18	19	20	21	22
RIPPED	6:00 HIIT SAMANTHA 9:00 CH ASHLEY 10:15 M&G TRACY 11:15 SS TRACY 4:15 PP KEITH 5:30 **R PAM** 6:30 KO JENNY	9:00 Z DANIELLE 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 Z LEAH 5:30 Y CANDICE(up) 5:30 W/ST FRANK 6:30 SF BETH H	6:00 HCC BETH F(gym)** 9:00 CH PAM 10:15 M&G TRACY 11:15 SS NANCY 4:15 T DANIELLE **5:30 R ASHLEY**	6:00 Y NANCY 9:00 CH PAM 10:15 BLD NANCY 11:15 SSY NANCY 4:30 SF BETH H 5:30 Y SANDRA(up) 5:30 WAR FRANK 6:30 Z RENA 6:30 C SUZANNE(gym)	6:00 TAB KEITH(gym) 9:00 Z NANCY 11:15 SS REBECCA	8:00 C JENNY(gym) 9:00 Z RENA 10:00 **R ASHLEY**
23	24	25	26	27	28	29
RIPPED	6:00 HIIT SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 CH STACEY 5:30 **R ASHLEY** 6:30 KO BETH F	9:00 Z NANCY 10:00 Y DANIELLE 11:15 LD DIXIE 4:30 Z DANIELLE 5:30 Y DANIELLE(up) 5:30 W/ST FRANK 6:30 Z BETH H	6:00 HCC JENNY(gym)** 9:00 CH PAM 10:15 M&G TRACY 11:15 SS DIXIE 4:15 T DANIELLE **5:30 R PAM**	6:00 Y BETH F 9:00 KO PAM 10:15 BLD NANCY 11:15 SSY NANCY 4:30 SF BETH H 5:30 Y SANDRA(up) 5:30 WAR FRANK 6:30 Z RENA 6:30 C SUZANNE(gym)	6:00 HCC KEITH(gym) 9:00 Z NANCY 11:15 SS DIXIE	8:00 C SUZANNE (gym) 9:00 Z LEAH 10:00 **CH KEITH**
30	31					
RIPPED	6:00 HIIT SAMANTHA 9:00 CH PAM 10:15 M&G TRACY 11:15 SS TRACY 4:15 PP KEITH 5:30 **R PAM** 6:30 KO JENNY	**ALL CLASSES ARE FREE WITH YOUR MEMBERSHIP Contact Nancy Walker with any questions or concerns.**	Please note: Instructors are subject to change on short notice. Thank you to those who step up & help out in times of need	**We are your Best Health Club Choice! PH&FC offers professional exercise to put life back into your workouts.**	Exercise is a Celebration of what your body Can Do Make 2022 Your Best Year! Let's get started!	

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

BLD: Beginning Line Dancing
B: Barre
C: Cycle
CH:Chisel
CY:Chair yoga
HCC: Hard Core Cycle
HIIT:High Intensity Interval
KO: KnockOut (boxing)
LD: Line Dancing
M&G: Move & Groove
PP Power Pump
R: R.I.P.P.E.D
SF: Shine Fitness
SS: SilverSneakers Classic
SSY: Silver Sneakers Yoga
ST: Strength Training
W: War
Y: Yoga
Z: Zumba

** (gym) Denotes classes taught in the Kid's Gym

Sheet1 Sheet2