



Fort Collins Club JANUARY 2019 Schedule

Sun: 6:00 am - 8:00 pm Mon: 4:30 am - 10:30 pm Tues: 4:30 am - 10:30 pm Wed: 4:30 am - 10:30 pm Thurs: 4:30 am - 10:30 pm Fri: 4:30 am - 10:30 pm Sat: 6:00 am - 8:00 pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM Zumba (2) Bridget	5:05 AM BODYPUMP (2) Jerry	5:05 AM BODYCOMBAT (2) Mark	5:05 AM SPINNING (S) Jerry	5:05 AM SPINNING (S) Dana	5:05 AM BODYCOMBAT (2) Mark	8:05 AM BODYPUMP (2) Megan R.
8:45 AM OptiAlign2 Yoga (1) Tonya	5:15 AM G-Cycle (S) Michelle	6:15 AM BODYPUMP (2) Chelsea	6:15 AM BODYATTACK (2) Chelsea	6:15 AM BODYPUMP (2) Dana	5:30 AM G-Cycle (S) Julie	8:05 AM Powerflow2Yoga (1) Jessica
9:15 AM BODYCOMBAT (2) Megan	6:15 AM Step (2) Julie	6:15 AM SPINNING (S) Natalie	6:15 AM Powerflow2Yoga (1) Leah	7:45 AM OptiAlign1 Yoga (1) Pam	6:00 AM Powerflow2Yoga (1) Nicole	9:15 AM BODYCOMBAT (2) Katie
9:15 AM SPINNING Exp (S) Kristin	8:00 AM Body Align (1) Heather	7:45 AM OptiAlign1 Yoga (1) Pam	6:15 AM SPINNING (S) Amber	9:15 AM BODYSTEP (2) Chelsea	6:15 AM BODYPUMP (2) Morgan	9:15 AM Pil Bas/Inter Mat (1) Rotation
10:15 AM Pil Bas/Inter Mat (1) Joan	9:15 AM BodyDefineYoga (1) Jolee	9:00 AM Step (2) Julie	7:25 AM Les Mills Tone (2) Chelsea	9:15 AM OptiAlign1 Yoga (1) Stacey S.	7:15 AM RPM (S) Chelsea	9:15 AM SPINNING (S) Dana/Robin
10:25 AM BODYPUMP (2) Kristin	9:15 AM Group Power (2) Pam	9:15 AM Pilates Basic Mat (1) Beck	8:00 AM Body Align (1) Heather	9:15 AM SPINNING (S) Jacob	7:25 AM Low Impact (2) Ann	10:25 AM Studio Reserved - PSD (S)
11:30 AM Barre Fitness (1) Winter	9:15 AM SPINNING (S) Tara	9:15 AM SPINNING (S) Jacob	9:00 AM Forever Fit (2) Pam	10:25 AM DeepStretchYoga (1) Stacey	8:15 AM SiISneakClass (1) Chelsea	10:25 AM Zumba (2) Cecilia
11:35 AM BODYFLOW (2) Tonya	10:25 AM DeepStretchYoga (1) Haley	10:25 AM DeepStretchYoga (1) Kate	9:15 AM Qigong/Tai Chi (1) Ken	10:25 AM Group Power (2) Julie	9:15 AM BODYPUMP (2) Chelsea	4:00 PM BODYPUMP (2) Julie S
3:30 PM PowerFlow Yoga (1) Heather/Jessica	10:25 AM Zumba (2) Sonia C	10:25 AM Zumba (2) Maria	9:15 AM RPM (S) Chelsea	11:30 AM Barre Fitness (1) Bailey	9:15 AM OptiAlign2 Yoga (1) Stacey	4:00 PM OptiAlign1 Yoga (1) Tonya
3:30 PM PowerFlow1Yoga (1) Heather/Jessica	11:20 AM Silver Sneakers Cardio Fit (1) Sherri	11:35 AM SiISneakClass (1) Sherri	10:25 AM BODYPUMP (2) Chelsea	12:00 PM G-Cycle (S) Sara	9:15 AM SPINNING (S) Tara	5:15 PM Studio Reserved (2)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 PM PowerFlow Yoga (1) Shawna	12:15 PM BODYFLOW (2) Suki	12:00 PM G-Cycle (s) Pam	10:25 AM Pil Bas/Inter Mat (1) Ali	12:15 PM Step (2) Julie	10:25 AM BODYFLOW (2) Megan R	
	12:15 PM SPINNING (s)	12:15 PM BODYPUMP (2) Kristina	11:30 AM ViniYoga (1) Marsha	12:35 PM Chair Yoga (1) Stephanie	10:25 AM Chair Yoga (1) Stacy	
	1:50 PM Gentle Yoga (1) Will	1:00 PM Barre Fitness (1) Bailey	12:15 PM BODYFLOW (2) jan	4:00 PM Powerflow2Yoga (1) Kali	11:30 AM Les Mills Tone (2) Chelsea	
	4:00 PM PowerFlow1Yoga (1) Corrina	4:00 PM Studio Reserved - PSD (2)	12:15 PM SPINNING (s) Ceclila	5:30 PM Barre Fitness (1) Emily	12:00 PM G-Cycle (s) Kristen	
	4:15 PM Group Power (2) Julie	4:20 PM BODYATTACK (2) Deanna	12:35 PM Chair Yoga (1) Stephanie	5:30 PM BODYPUMP (2) Julie	12:15 PM Pil Bas/Inter Mat (1) Michele	
	5:15 PM OptiAlign2Yoga90 (1) Leah H.	5:30 PM BODYPUMP (2) Jerry	1:50 PM Gentle Yoga (1) Will	5:30 PM SPINNING (s) Meredith	1:50 PM Gentle Yoga (1) Will	
	5:30 PM BODYCOMBAT (2) Katie	5:30 PM G-Cycle (s) Dara	4:15 PM Zumba (2) Brittany	6:40 PM DeepStretchYoga (1) Tonya	4:20 PM BODYPUMP (2) Daniel	
	5:30 PM SPINNING (s) Mark	5:30 PM OptiAlign1 Yoga (1) Kate	4:20 PM Studio Reserved - PSD (2)	6:40 PM Hip Hop (2) Sara	4:20 PM Powerflow2Yoga (1) Stephanie	
	6:40 PM Hip Hop (2) Jackie	6:40 PM Barre Fitness (1) Sara T.	5:30 PM Group Power (2) Jessica	7:50 PM Powerflow2Yoga (1) Tonya	5:30 PM Zumba (2) Miriam	
	6:40 PM Powerflow2Yoga (1) Danny S.	6:40 PM Zumba (2) Ceclila	5:30 PM Powerflow2Yoga (1) Corrina			
		7:50 PM PowerFlow Yoga (1) Katie	5:30 PM SPINNING (s) Mark			
			6:40 PM DeepStretchYoga (1) Shawna			