

FITNESS FANATICS

JANUARY SCHEDULE



MON	TUES	WED	THURS	FRI	SAT
Vinyasa Yoga 7:30-8:30 AM Nicole	Power Pump 5:20-6:10 AM Jodi	Ball Sculpt 8:15-8:45 AM Nicole	Yoga for Skiers, Runners, Bikers 7:30-8:30 AM Nicole	Power Pump 5:20-6:10 AM Jodi	Flow Yoga 9:00-10:00 AM Cindi
Body Blitz 9:15-10:15 AM Bryce	Interval Training 6:15-7:00 AM Regan	Beginner Yoga 9:00-10:00 AM Cindi	Circuit 8:45-9:30 AM Bryce	Fit Mix 2.0 8:30-9:15 AM Nicole	
Power Yoga 5:00-6:00 PM Nicole	Barre 8:30-9:15 AM Brianna	Power Build 12:15-12:45 PM Bryce	Zumba Gold 10:45-11:30 AM Jodi	Mat Pilates 9:30-10:00 AM Kathy	
	Flow Yoga 5:15-6:15 PM Nicole	Steppin' 6:00-6:45 PM Brianna	Ayurveda 101 Workshop 5:30-7:30 PM Sarah *Register & PrePay	Beginner Flex & Stretch 10:00-10:45 AM Kathy	
	Boot Camp 6:15-7:00 PM Courtney			Noontime Stretch 12:00-12:45 PM Cindi	

NEW CLASS

NEW CLASS

HAPPY
New Year



Find Class Descriptions on Our Website

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