



# NEW YEARS DAY CLASS LINE UP

**12:15 - 1:15 p.m. BODYPUMP with Leslie**

**12:15 - 1:00 p.m. Cycling with Amanda F**

**12:15 - 1:15 p.m. Power Yoga with Gena**

**12:15 - 1:15 p.m. Pilates with Katie (Livestrong Studio)**

**1:30 - 2:15 p.m. GRIT Challenge with Chris / Kelsey M.**

**4:30 - 5:30 p.m. BODYFLOW with Sarah**

## **CLASSES ARE FOR MEMBERS ONLY!**

**Members are welcome to bring a non-member guest for free.**