



FITNESS CLASS SCHEDULE

JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	KEY
5:30 - 6:15 AM Gentle Yoga (Z) Sowmya	5:30 - 6:15 AM Tabata (Z) Joanna	5:30 - 6:30 AM Indoor Cycling* Peter/Cheryl	5:30 - 6:15 AM Tabata (Z) Joanna	8:00 - 8:45 AM Tabata (Z) Shannon	8:30 - 9:30 AM (1/1 & 1/15) Indoor Cycling* Cheryl/Dianne	(Z) = Zoom class
8:00 - 8:45 AM Tabata (Z) Shannon	9:00 - 9:45 AM Fit & Strong (Z) Frances	8:00 - 8:45 AM Tabata (Z) Shannon	8:30 - 9:30 AM Indoor Cycling* Jenn	9:00 - 9:45 AM Zumba Susan	8:30 - 9:30 AM (1/8, 1/22 & 1/29) Cardio Step (Z) Joanna	Indoor Cycling
9:00 - 10:00 AM Aqua Zumba Haley	9:00 - 10:00 AM Aqua Fitness Susan	9:00 - 9:45 AM Core Pilates (Z) Frances	9:00 - 10:00 AM Aqua Fitness Jenny	9:00 - 10:00 AM Aqua Fitness Joanna	9:00 - 10:00 AM TRX Kathy	Outdoors
9:00 - 10:00 AM Indoor Cycling* Adrienne	10:00 - 10:45 AM Barreless Barre (Z) Denise	10:00 - 11:00 AM Gentle Yoga (Z) Frances	10:00 - 10:45 AM Fit & Strong (Z) Sara	10:00 - 11:00 AM Gentle Yoga (Z) Jenny		Other
10:30 - 11:30 AM Gentle Yoga (Z) Connie	12:00 - 1:00 PM Indoor Cycling* Dianne	4:30 - 5:15 PM Barreless Barre (Z) Denise	4:30 - 5:15 PM Turbo Kick Natalie	12:00 - 1:00 PM Indoor Cycling * Adrienne		Aquatics
12:00 - 12:45 PM Total Body Sara	4:30 - 5:15 PM Total Body Anna	5:00 - 6:00 PM TRX Brendan	5:00 - 6:00 PM Zumba Toning (Z) Jolin			Virtual-Only
4:30 - 5:15 PM Core Pilates (Z) Dianne	5:00 - 6:00 PM TRX (Z) Linda	5:30 - 6:15 PM Cardio Kickboxing Aimee				
5:30 - 6:15 PM Cardio Step (Z) Joanna	5:00 - 6:00 PM Zumba (Z) Jolin	6:00 - 7:00 PM Zumba (Z) Jolin				

** You must complete an orientation before your first Indoor Cycling class at our facilities. Please email joanna.graber@joinccbba.org to schedule yours today!*

- All classes are included with membership.
- We offer a discounted virtual membership for those who would like to attend only virtual classes (\$49/month).
- Non-members can attend classes with a \$15 day pass or \$30 week pass (must be High School-age or older).
- **Reservations are required for TRX and Indoor Cycling classes.** Reserve your spot via our mobile app, website, or at our Welcome Desk.
- 9th grade and up can attend classes.
- **Questions?** Contact joanna.graber@joinccbba.org
- **Saturday TRX classes are weather dependent. Please call the morning of.**