

**January 2020**

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| --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 5:00- 6:00 AM |  | **MWC Strength** |  | **MWC Strength** |  |  |
| 6:00-7:00 AM | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** |  |
| 7:00-8:00 AM |  |  |  |  |  |  |
| 8:30-9:30 AM |  |  |  |  | **Sun Salutations Yoga**  **“Jennifer”** |  |
| 9:00-10:00 AM |  |  |  |  |  |  |
| 10:00-11:00 AM | **Senior Volleyball** |  |  |  | **Senior Volleyball** |  |
| 11:00-12:00 AM | **Senior Volleyball** |  |  |  | **Senior Volleyball** |  |
| 12:00-1:00 PM  12:00-1:00 PM  12:00-1:00PM | **FHITT w/ Foris**  **“Katelyn”** | **Spin with Jenn** | **Restorative Yoga**  **“Jennifer”** | **Spin with Jenn** | **Yoga Abs**  **“Jennifer”**  **12- 12:30** |  |
| **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** |  |
|  | **Butts and Guts**  **“Katelyn”** | **FHITT w/ Foris**  **“Katelyn”** | **Butts and Guts**  **“Katelyn”** |  |  |
| 12:15- 1:30 PM | **Restorative Yoga**  **“Jennifer”** |  |  |  |  |  |
| 4:00-5:00 PM | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** |  |
| 4:30- 5:30 PM | **Core and More**  **\*Pilates\*** |  | **Core and More**  **\*Pilates\*** |  | **Core and More**  **\*Pilates\*** |  |
| 4:30- 6:00 PM | **Beginner’s Yoga**  **“Jennifer”** |  |  |  |  |  |
| 5:00-6:00 PM | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** |  |
| 5:30-6:30 PM  5:30- 6:30 PM | **FHITT w/ Foris**  **“Katelyn”** | **Yoga Abs**  **“Jennifer”** | **FHITT w/ Foris**  **“Katelyn”** | **Yoga**  **5:30- 7pm**  **“ Jennifer”** |  |  |
|  | **Butts and Guts**  **“Katelyn”** |  | **Butts and Guts**  **“Katelyn”** |  |  |
| 6:00-7:00 PM | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** | **CrossFit** |  |
| 6:30-7:00 PM |  | **Spin with Jenn** |  |  |  |  |

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| **COLOR KEY** | **STUDIO 1** | **STUDIO 2** | **STUDIO 3** | **WEIGHT ROOM** | **CARDIO ROOM** |



**PILATES –** This class will focus on precise movements that will develop core strength, flexibility, balance, and stamina. Appropriate for all fitness levels.

**YOGA -** Experience a variety of poses that increase your strength, balance, and flexibility. Great for relieving stress after a long day! Appropriate for all fitness levels!

**CROSSFIT-** A high-intensity fitness program incorporating elements from several sports and types of exercise.

**SPIN-** Indoor cycling class that focuses on improving endurance and strength.

**BUTTS AND GUTS -** This class will primarily focus on building core and lower body strength.

**MWC STRENGTH -** This class will incorporate power lifting and strong man style lifts to increase overall strength and build muscle.

HIIT- “FHITT” “High-intensity interval training” is a class in which you will give all-out effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. It is designed to keep your heart rate up and burn fat in less time!