

# JANUARY 2023

## Group Exercise Schedule: Stanwood-Camano

MONDAY	TUESDAY	WEDNESDAY
<p>5:15 am - Group Power with Michelle (M1)</p> <p>**9 am—Group Active with Gena (M1)</p> <p>**10 am - Deep Water Fitness with Lydia (Lap Pool)</p> <p>**10:15am—Group Power with Kaella (M1)</p> <p>**10:15 am - R30 (Cycle) with Gena (Cycle Studio)</p> <p>**11:00am—TRX with Carleeh (M2)</p> <p>**11:15 am - Forever Fit with Jamie (GYM)</p> <p>1 pm - Water Fitness with Teresa (Rec Pool)</p> <p>**4:30 pm—Yoga with Claudia (M2)</p> <p>**5:45 pm—Zumba with Lori (M1)</p>	<p>5:15am—Group Ride with Rebekah (Cycle Studio)</p> <p>7:30 - Water Fitness with Connie (Rec Pool)</p> <p>**8:45am—Group Ride with Michelle (Cycle Studio)</p> <p>**9 am - Group Power with Heather (M1)</p> <p>**10:15am—Group Blast with Michelle (M1)</p> <p>**11:00 am - Chair Yoga with Sandy (M2)</p> <p>**4:30 pm - Group Fight with Michelle (M1)</p> <p>**5:45pm—Group Power with Dawn (M1)</p>	<p>5:15 am - Group Power with Michelle (M1)</p> <p>**9:00 am —TRX with Carleeh (M2)</p> <p>**10 am - Deep Water Fitness with Lydia (Lap Pool)</p> <p>**10:15 am—Group Fight with Kaella (M1)</p> <p>**11 am - Yoga with Sandy (M2)</p> <p>**11:15 am - Forever Fit with Jamie (GYM)</p> <p>1 pm - Water Fitness with Teresa (Rec Pool)</p> <p>**5:45 pm—Zumba with Lori (M1)</p>
THURSDAY	FRIDAY	SATURDAY
<p>5:15am—Group Ride with Rebekah (Cycle Studio)</p> <p>7:30 - Water Fitness with Connie (Rec Pool)</p> <p>**8:45am—Group Ride with Michelle (Cycle Studio)</p> <p>**9 am - Group Power with Heather (M1)</p> <p>**10:15am—Group Blast with Michelle (M1)</p> <p>**11:00 am - Chair Yoga with Sandy (M2)</p> <p>**4:30 pm - Group Fight with Michelle (M1)</p> <p>**5:45pm—Group Power with Dawn (M1)</p>	<p>**8:45 am—Group Fight with Michelle (M2)</p> <p>**9 am—Group Active with Gena (M1)</p> <p>**10:00am—Deep Water Fitness with Lydia (Lap Pool)</p> <p>**10:15am—Group Power with Michelle (M1)</p> <p>**10:15am - R30 (Cycle) with Gena (Cycle Studio)</p> <p>**11 am—Yoga with Sandy (M2)</p> <p>**11:15 am - Forever Fit with Carleeh (Gym)</p> <p>1:00pm—Water Fitness with Teresa (Rec Pool)</p>	<p>**9 am—Group Ride with Rotating Instructors</p> <p><b>**Kids Zone is available</b></p> <p><b>JOIN US FOR LAUNCH PARTY WEEK 1/2—1/7. WE WILL CELEBRATE AT EVERY CLASS WITH FUN AND PRIZES!!</b></p>