

# January 2022 Group Fitness and Yoga Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p><b>3-3:45pm Spinning</b> w. Johanna</p> <p><b>4-5:15pm Back/Hip/Roll</b> w. Katherine</p>	<p>3</p> <p><b>8:15-9am Spinning</b> w. Katherine</p> <p><b>9-9:45am FLEX</b> w. Katherine</p> <p><b>10-11am YIN Yoga</b> w. Katherine</p> <p><b>4:45-5:25pm Spinning</b> w. Cindy</p> <p><b>5:30-6 pm Stretch/Roll</b> w. Courtney</p>	<p>4</p> <p><b>6:30-7:15am Spinning</b> w. Katherine</p> <p><b>8-8:45am: Mat Pilates</b> w. Katherine</p> <p><b>9-10am Vinyasa Yoga</b> w. Katherine</p> <p><b>10:30-11:15am SR WTS</b> w. Katherine</p>	<p>5</p> <p><b>8:15-9am Spinning</b> w. Katherine</p> <p><b>9-9:45am FLEX</b> w. Katherine</p> <p><b>10-11am Back/Hip Yoga</b> w. Katherine</p> <p><b>4:45-5:25pm Spinning</b> w. Cindy</p> <p><b>5:30-6 pm Stretch/Roll</b> w. Johanna</p>	<p>6</p> <p><b>6:30-7:15am Spinning</b> w. Katherine</p> <p><b>8-8:45am: Mat Pilates</b> w. Katherine</p> <p><b>9-10am Vinyasa Yoga</b> w. Katherine</p> <p><b>10:30-11:15am SR WTS</b> w. Katherine</p>	<p>7</p> <p><b>10:30-11:15am Spinning</b> w. Kendra</p>	<p>8</p> <p><b>10:30-11:15am Spinning</b> w. Cindy</p>
<p>9</p> <p><b>3-3:45 Spinning</b> w. Johanna</p> <p><b>4-5:15pm Back/Hip/Roll</b> w. Katherine</p>	<p>10</p> <p><b>8:15-9am Spinning</b> w. Katherine</p> <p><b>9-9:45am FLEX</b> w. Katherine</p> <p><b>10-11am YIN Yoga</b> w. Katherine</p> <p><b>4:45-5:25pm Spinning</b> w. Cindy</p> <p><b>5:30-6 pm Stretch/Roll</b> w. Courtney</p>	<p>11</p> <p><b>6:30-7:15am Spinning</b> w. Katherine</p> <p><b>8-8:45am: Mat Pilates</b> w. Katherine</p> <p><b>9-10am Vinyasa Yoga</b> w. Katherine</p> <p><b>10:30-11:15am SR WTS</b> w. Katherine</p> <p><b>6-7:15pm Gentle Yoga</b> w. Jeanne</p>	<p>12</p> <p><b>8:15-9am Spinning</b> w. Katherine</p> <p><b>9-9:45am FLEX</b> w. Katherine</p> <p><b>10-11am Back/Hip Yoga</b> w. Katherine</p> <p><b>4:45-5:25pm Spinning</b> w. Cindy</p> <p><b>5:30-6 pm Stretch/Roll</b> w. Courtney</p>	<p>13</p> <p><b>6:30-7:15am Spinning</b> w. Katherine</p> <p><b>8-8:45am: Mat Pilates</b> w. Katherine</p> <p><b>9-10am Vinyasa Yoga</b> w. Katherine</p> <p><b>10:30-11:15am SR WTS</b> w. Katherine</p> <p><b>6-7:15pm Gentle Yoga</b> w. Jeanne</p>	<p>14</p> <p><b>10:30-11:15am Spinning</b> w. Johanna</p>	<p>15</p> <p><b>10:30-11:15am Spinning</b> w. Cindy</p>
<p>16</p> <p><b>3-3:45pm Spinning</b> w. Johanna</p> <p><b>4-5:15pm Back/Hip/Roll</b> w. Katherine</p>	<p>17 OPEN MLK DAY</p> <p><b>8:15-9am Spinning</b> w. Katherine</p> <p><b>9-9:45am FLEX</b> w. Katherine</p> <p><b>10-11am YIN Yoga</b> w. Katherine</p> <p><b>4:45-5:25pm Spinning</b> w. Cindy</p> <p><b>5:30-6 pm Stretch/Roll</b> w. Courtney</p>	<p>18</p> <p><b>6:30-7:15am Spinning</b> w. Katherine</p> <p><b>8-8:45am: Mat Pilates</b> w. Katherine</p> <p><b>9-10am Vinyasa Yoga</b> w. Katherine</p> <p><b>10:30-11:15am SR WTS</b> w. Johanna</p> <p><b>6-7:15pm Gentle Yoga</b> w. Jeanne</p>	<p>19</p> <p><b>8:15-9am Spinning</b> w. Katherine</p> <p><b>9-9:45am FLEX</b> w. Katherine</p> <p><b>10-11am Back/Hip Yoga</b> w. Katherine</p> <p><b>4:45-5:25pm Spinning</b> w. Cindy</p> <p><b>5:30-6 pm Stretch/Roll</b> w. Courtney</p>	<p>20</p> <p><b>6:30-7:15am Spinning</b> w. Katherine</p> <p><b>8-8:45am: Mat Pilates</b> w. Katherine</p> <p><b>9-10am Vinyasa Yoga</b> w. Katherine</p> <p><b>10:30-11:15am SR WTS</b> w. Johanna</p> <p><b>6-7:15pm Gentle Yoga</b> w. Jeanne</p>	<p>21</p> <p><b>10:30-11:15am Spinning</b> w. Johanna</p>	<p>22</p>
<p>23/30</p> <p><b>3-3:45pm Spinning</b> w. Johanna</p> <p><b>4-5:15pm Back/Hip/Roll</b> w. Katherine</p>	<p>24/31</p> <p><b>8:15-9am Spinning</b> w. Katherine</p> <p><b>9-9:45am FLEX</b> w. Katherine</p> <p><b>10-11am YIN Yoga</b> w. Katherine</p> <p><b>4:45-5:25pm Spinning</b> w. Johanna</p> <p><b>5:30-6 pm Stretch/Roll</b> w. Courtney</p>	<p>25</p> <p><b>6:30-7:15am Spinning</b> w. Katherine</p> <p><b>8-8:45am: Mat Pilates</b> w. Katherine</p> <p><b>9-10am Vinyasa Yoga</b> w. Katherine</p> <p><b>10:30-11:15am SR WTS</b> w. Johanna</p> <p><b>6-7:15pm Gentle Yoga</b> w. Jeanne</p>	<p>26</p> <p><b>8:15-9am Spinning</b> w. Katherine</p> <p><b>9-9:45am FLEX</b> w. Katherine</p> <p><b>10-11am Back/Hip Yoga</b> w. Katherine</p> <p><b>4:45-5:25pm Spinning</b> w. Johanna</p> <p><b>5:30-6 pm Stretch/Roll</b> w. Courtney</p>	<p>27</p> <p><b>6:30-7:15am Spinning</b> w. Katherine</p> <p><b>8-8:45am: Mat Pilates</b> w. Katherine</p> <p><b>9-10am Vinyasa Yoga</b> w. Katherine</p> <p><b>10:30-11:15am SR WTS</b> w. Johanna</p> <p><b>6-7:15pm Gentle Yoga</b> w. Jeanne</p>	<p>28</p> <p><b>10:30-11:15am Spinning</b> w. Kendra</p>	<p>29</p>