Updated 12/30/2018

January 2019 Fitness Schedule - Mary Ann Phelps Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dec 30	Dec 31 ***CLOSED*** ***NEW YEAR'S EVE***	1 ***CLOSED*** ***NEW YEAR'S DAY***	2 9-10a **SS Classic-**Amber** 10:15-11:15 Boot Camp-**Amber**	3 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 5:15-6p Pilates & TBC 6-7:10p Hatha Yoga	4 10-11a Roll Your Yoga-**Silke**	5
6	7 9-10a **SS Classic-**Amber** 10:15-11:15 Boot Camp-**Amber** 12-1pm Hatha Yoga 4-4:45p Gentle Yoga 5:15-6p Pilates & TBC	8 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga	9 9-10a **SS Classic-**Amber** 10:15-11:15 Boot Camp-**Amber**	10 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 5:15-6p Pilates & TBC 6-7:10p Hatha Yoga	11 10-11a Roll Your Yoga-**Silke**	12
13	14 9-10a **SS Classic-**Amber** 10:15-11:15 Boot Camp-**Amber** 12-1pm Hatha Yoga 4-4:45p Gentle Yoga 5:15-6p Pilates & TBC	15 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga	16 9-10a **SS Classic-**Amber** 10:15-11:15 Boot Camp-**Amber**	17 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 5:15-6p Pilates & TBC 6-7:10p Hatha Yoga	18 10-11a Roll Your Yoga-**Silke**	19
20	21 ***CLOSED*** ***MLKJ's BIRTHDAY***	22 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga	23 9-10a **SS Classic-**Amber** 10:15-11:15 Boot Camp-**Amber**	24 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 5:15-6p Pilates & TBC 6-7:10p Hatha Yoga	25 9:15-9:45 POUND®-**Amber** 10-11a Roll Your Yoga-**Silke**	26
27	28 9-10a **SS Classic-**Amber** 10:15-11:15 Boot Camp-**Amber** 12-1pm Hatha Yoga 4-4:45p Gentle Yoga 5:15-6p Pilates & TBC	29 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates 6-7:10p Hatha Yoga	30 9-10a **SS Classic 10:15-11:15 Boot Camp-**Amber**	31 5:15-6:15a Boot Camp at Buddy Powell Pavilion* 9:15-10:15a Mat Pilates ***5:15-6p No Pilates & TBC this evening* ***6-7:10p No Hatha Yoga this evening*	Feb 1 10-11a Roll Your Yoga-**Silke**	Feb 2

TBC = Total Body Conditioning **TBD = To Be Determined** ***Must register for this class. Member-free, Non-member $30/mo.**

** In order to allow **SilverSneaker** members to participant in Forever Young we've had to change the name to **SilverSneaker Classic**.