Updated 12/31/2018

January 2019 Fitness Schedule – Jerry Tingle 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 5:30-6:30a Boot Camp 8:30-9:15a Forever Young 9:30-10a Quick-Fit	3 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:30-10a Core 5:50-6:45p Zumba - **Stacey**	4 5:30-6:30a Boot Camp 8:30-9:15a Forever Young 5:15-6p Quick Fit	5
6	7 5:30-6:30a Boot Camp 8:30-9:15a Forever Young 9:30-10a Quick-Fit 6:45-7:45p Zumba - **Christa**	8 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:30-10a Core 5:50-6:45p Zumba - **Stacey** 7:00-7:45p Yoga - **Christa**	9 5:30-6:30a Boot Camp 8:30-9:15a Forever Young 9:30-10a Quick-Fit	10 5:30-6:30a Boot Camp 8:30-9:15a Kickboxing 9:30-10a Core 5:50-6:45p Zumba - **Stacey**	11 5:30-6:30a Boot Camp 8:30-9:15a Forever Young 5:15-6p Quick Fit	12 9:30-10:30a Zumba - **Stacey**
13	14 5:30-6:30a Boot Camp 8:30-9:15a Forever Young 9:30-10a Quick-Fit 5:45-6:45p – Zumba - **Christa**	15 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:30-10a Core 4:45-5:30p Strong by Zumba - **Christa** 5:50-6:45p Zumba -**Christa**	16 5:30-6:30a Boot Camp 8:30-9:15a Forever Young 9:30-10a Quick-Fit	17 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:30-10a Core 5:50-6:45p Zumba - **Stacey**	18 5:30-6:30a Boot Camp 8:30-9:15a Forever Young 5:15-6p Quick Fit	19
20	21 ***CLOSED*** ***MLKJ's BIRTHDAY***	22 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:30-10a Core 5:50-6:45p Zumba - **Stacey** 7:00-7:45p Yoga - **Christa**	23 5:30-6:30a Boot Camp 8:30-9:15a Forever Young 9:30-10a Quick-Fit	24 5:30-6:30a Boot Camp 8:30-9:15a Kickboxing 9:30-10a Core 5:50-6:45p Zumba - **Stacey**	25 5:30-6:30a Boot Camp 8:30-9:15a Forever Young 5:15-6p Quick Fit	26 9:30-10:30a Zumba - **Christa**
27	28 5:30-6:30a Boot Camp 8:30-9:15a Forever Young 9:30-10a Quick-Fit 5:45-6:45p – Zumba - **Christa**	29 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:30-10a Core 4:45-5:30p Strong by Zumba - **Christa** 5:50-6:45p Zumba -**Christa**	30 5:30-6:30a Boot Camp 8:30-9:15a Forever Young 9:30-10a Quick-Fit	31 5:30-6:30a Boot Camp 7:30-8:15a Water Aerobics 8:30-9:15a Kickboxing 9:30-10a Core 5:50-6:45p Zumba - **Stacey**	Feb 1 5:30-6:30a Boot Camp 8:30-9:15a Forever Young 5:15-6p Quick Fit	Feb 2

Andrew will be teaching all classes unless otherwise noted.