



## SPECIAL MENU workouts

**8:00am January 2022**

<b><u>Date</u></b>	<b><u>Class</u></b>
<b>January 1<sup>st</sup></b>	<b>CANCELLED</b>
<b>January 8<sup>th</sup></b>	<b>Group Power (Marsha)</b>
<b>January 15<sup>th</sup></b>	<b>Group Active (Dana)</b>
<b>January 22<sup>nd</sup></b>	<b>Group Fight (Nicolette)</b>
<b>January 29<sup>th</sup></b>	<b>Group Groove (Kurt)</b>

\*Proper footwear is required. Sneakers, running shoes, etc. are required to participate in classes.

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