

**JANUARY CLASS SCHEDULE**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
4:45 AM	<b>Barre</b>	WAKE UP WORKOUT	<b>SPINNING</b> **	<b>Step</b>	WAKE UP WORKOUT		<b>YOGA Faith</b> <i>(Free to Public)</i>			
5:30 AM	**Spin & Praise <i>(Free to Public)</i>			**Spin & Praise <i>(Free to Public)</i>			<b>6:00 a.m.</b>			
7:00 AM							<b>SPINNING</b> **			
7:30 AM						<i>Footprints</i>				
8:15 AM					<i>Aqua Aerobics (HIE Pool)</i>	<b>TOTAL BODY</b>				
9:00 AM	Cardio & Strength	<b>YOGA</b>	<i>Resistance Training Circuit</i>	Balance Pilates	<b>YOGA</b>	<b>ZUMBA</b> fitness	Wallyball 6pm			
5:30 PM	<i>Aqua Aerobics (HIE Pool)</i>	<b>YOGA</b>	<i>Aqua Aerobics (HIE Pool)</i>	<b>Barre</b>	<p><b>Child Care (Kidz Klub)</b>            Monday-Thursday 5-7:30 PM            Saturday 7:30-10:30 AM</p> <p><b>Tell City Half Marathon</b>            April 6, 2019 - 8:00 a.m.            Individual Half            Half Team Relay            5k Fun Run</p> <p><b>New Years 5k Fun Run</b>            Jan. 1st - 8:30 a.m. - Everbody's            Free to all!!!</p> <p><b>Biggest Loser 21/Best Body Countdown</b>            Registration is open until 1/14/19  <a href="http://www.everbodys.com">www.everbodys.com</a></p> <p><b>Holiday Hours</b>            Dec. 31 - 8:00 - 12:00 - No Classes            Dec. 31-Child Care - 8am to Noon (no evening CC)            Jan. 1st - CLOSED            Jan 2nd - normal class schedule</p>					
	<i>BODY Sculpting</i>		<b>ZUMBA</b> fitness							
6:30 PM	<b>SPINNING</b> **	<b>SPINNING</b> **	<b>SPINNING</b> **							
	<b>Barre</b>		<b>Pound **</b> Court 1							
	<b>ZUMBA</b> fitness <i>(Schergen Center)</i>	<b>ZUMBA</b> fitness								
** Reservations are required for Spinning & Pound										