<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| **YOGA**  
4:45-5:45PM  
SHARON  
(no class 1/21) | **KETTLEBELLS**  
4:00-4:45PM  
BRANDON  
(no class 1/1,1/8) | **STRENGTH**  
5:00-5:45PM  
ANGIE  
TRX ROOM  
(no class 1/2,1/9) | **KETTLEBELLS**  
4:00-4:45PM  
BRANDON  
(no class 1/3,1/10) | **YOGA**  
4:30-5:30PM  
SHARON  
(no class 1/11) |
| **ZUMBA**  
6:00-7:00PM  
MADISON  
(no class 1/1,1/8) | **ZUMBA**  
6:00-7:00PM  
MADISON  
(no class 1/2,1/9) | **ZUMBA**  
6:00-7:00PM  
MADISON  
(no class 1/3,1/10) | **SPA NIGHT YOGA**  
5:00-6:15PM  
ANGIE  
(class held 1/11) |
| **KETTLEBELLS**  
6:10-7:00PM  
BRANDON  
(no class 1/7,1/21) | **KETTLEBELLS**  
6:10-7:00PM  
BRANDON  
(no class 1/1,1/8) | **KETTLEBELLS**  
6:10-7:00PM  
BRANDON  
(no class 1/2,1/9) | **KETTLEBELLS**  
6:10-7:00PM  
BRANDON  
(no class 1/3,1/10) | **KETTLEBELLS**  
6:10-7:00PM  
BRANDON  
(no class 1/4,1/11,1/25) |

- **FITNESS MEMBERSHIP** – BSU/NTC Student/FREE, Rec. Mem./$65, Non-Mem./$105, Individual Class/$7, Punch Card = $63
- **ALL** scan and sign-in prior to each class/Classes close 5 minutes after they begin – no exceptions.
- **Group Fitness Members ONLY; be sure to try out our Fitness on Demand Classes.** Classes are not lead by a live instructor. You will be responsible for getting any necessary equipment and we ask you please put items away at the conclusion of the class. We have hundreds of classes to choose from which you are more than welcome to do if the studio is available. To learn how to operate the Kiosk please ask the front desk attendant.