

Happy
New
Year!



Jan Group
Fitness
Schedule
2021

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sat (continued)
9:00am/ 9:30am	<p>9:00am</p> <p>w/ Susan</p> <hr/> <p>9:30am</p> <p>w/ Brandy</p>	<p>9:00am</p> <p>w/ Shakina</p> <hr/> <p>9:00am</p> <p>w/ Laurie</p>	<p>9:30am</p> <p>w/ Shannon</p> 	<p>9:00am</p> <p>w/ Kristen</p> <p>HAPPY 2021!!!</p>	<p>Child Care & Kid Zone Mon & Wed: 8:30am – 12pm; 5pm – 8:30pm Tues & Thurs: 5pm – 8:30pm Sat: 8:30am – 12pm</p>	<p>1/2: 9:00am BodyPump w/ Judy 10:00am Extreme Hip Hop w/ Shaquana</p> <p>1/9: 9:00am BodyPump Launch #115 w/ Shakina, Shannon & Rachel 10:00am Spin w/ Katie 10:00am Barre w/ Brandy</p>	<p>1/16 9:00am BodyPump w/ Judy 10:00am Zumba w/ Will 10:00am Barre w/ Brandy 1/23 9:00am Dance Fit w/ Jeri 10:00am Cardio Jam w/ Tiffany 10:00am Spin w/ Tamara 1/30 9:00am BodyPump w/ Julia 10:00am Zumba w/ Will 10:00am Barre w/Kayla</p>
11:30am Silver Sneakers Classes	<p>Classic w/ Carla</p>	<p>Circuit w/ Carla</p>	<p>Child Care & Kid Zone Mon & Wed: 8:30am – 12pm; 5pm – 8:30pm Tues & Thurs: 5pm – 8:30pm Sat: 8:30am – 12pm</p>	<p>Classic w/ Carla</p>	<p>Club Fitness Charlotte</p>		
6:00pm	<p>w/ Shakina</p> 	<p>w/ Shaquana</p>	<p>w/ Judy</p>	<p>w/ Will</p>	<p>#BringAFriend ForFree</p>		
6:00pm	<p>w/ Judy</p>	<p>w/ Kayla</p>	<p>Instagram officialclub fitnesscharlotte</p>	<p>Child Care & Kid Zone Mon & Wed: 8:30am – 12pm; 5pm – 8:30pm Tues & Thurs: 5pm – 8:30pm Sat: 8:30am – 12pm</p>	<p>Mark your calendar! Sat., Jan 9th 2021 @ 9am</p> <p>BodyPump Launch #115 Epic new music & choreo! Presenters: Shakina, Shannon & Rachel</p>		
7:00pm	<p>w/ Maxie</p>	<p>HAPPY 2021!!!</p>	<p>w/ Jeri</p>	<p>w/ Shaquana</p>			
<p>Attention Fitness Family Due to restrictions, class size for all fitness rooms will be limited to the following: Group Fitness: 30 members Spin: 18 members; Barre: 14 members Be sure to reserve your space by using our APP (Club Life) or log onto www.peakserve.com. One week in advance only for signing up!</p>			<p>Laurie is BACK every Tuesday @ 9:00am for BodyCombat!</p> <p>Welcome Jeri! Be sure to check out her class Dance Fit Wed's at 7:00pm!</p>		<p>Happy New Year Club Fitness!! Only morning classes on the 31st and no classes on the 1st</p> <p>Let's start 2021 STRONG!</p>		