

# Group Fitness Classes

# JANUARY 2025



FUNCTIONAL-FITNESS



 **For daily updates, schedule changes and more, be sure to follow us on Facebook!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 9:00 am Yoga 9:00 am Barre	30 7:00 am Step + Squat 8:45 am Jazzercise <b>9:00 am Barre Heat</b> 10:00 pm Yin Yoga Reset 5:15 pm Kick 5:15 pm Jazzercise	31 7:30 am Ageless Athletes <b>9:00 am Barre Heat</b>	1 <b>HAPPY NEW YEAR!</b>	2 5:15 am IKYAC 8:00 am Ageless Athletes 9:00 am Unwind Yoga 9:15 am Jazzercise <b>POP-UP</b> 5:15 pm Bootcamp <b>6:15 Tone, Core &amp; More</b>	3 7:45 am Functional Kettlebells <b>(NEW)</b> 8:15 am Jazzercise 9:00 am Unwind Yoga 9:30 am Bootcamp 10:15 am Step & Balance	4 <b>9:00 am NEW YEAR'S BASH</b>  11:00 am Karate
5 9:00 am Yoga 9:00 am Barre	6 7:00 am Step + Squat 8:00 am Yin Yoga Reset 9:00 am Barre 9:15 am Jazzercise 4:15 WERQ 5:15 pm Kick 5:15 pm Jazzercise	7 7:30 am Ageless Athletes <b>9:00 am Barre Heat</b> 5:15 pm Barre <b>6:15 Tone, Core &amp; More</b>	8 <b>5:15 am Barre Heat</b> 8:15 am Jazzercise 9:30 am Kick 5:15 pm Jazzercise 6:15 pm Strength 6:30 pm Karate	9 5:15 am IKYAC 8:00 am Ageless Athletes 9:00 am Unwind Yoga 5:15 pm Bootcamp	10 7:45 am Functional Kettlebells <b>(NEW)</b> 8:15 am Jazzercise 9:00 am Unwind Yoga 9:30 am Bootcamp 10:15 am Step & Balance <b>6:00 pm Barre Heat Pop-Up</b>	11 8:00 am Jazzercise <b>9:00 am Barre Burn Heat</b> 11:00 am Karate
12 9:00 am Yoga 9:00 am Barre	13 7:00 am Step + Squat 8:00 am Yin Yoga Reset 9:00 am Barre 9:15 am Jazzercise 4:15 WERQ 5:15 pm Kick 5:15 pm Jazzercise	14 7:30 am Ageless Athletes <b>9:00 am Barre Heat</b> 5:15 pm Barre <b>6:15 Tone, Core &amp; More</b>	15 <b>5:15 am Barre Heat</b> 8:15 am Jazzercise 9:30 am Kick 5:15 pm Jazzercise <b>5:30 pm Power Yoga/Sculpt</b> 6:15 pm Strength 6:30 pm Karate	16 5:15 am IKYAC 8:00 am Ageless Athletes 9:00 am Unwind Yoga 5:15 pm Bootcamp	17 7:45 am Functional Kettlebells <b>(NEW)</b> 8:15 am Jazzercise 9:30 am Bootcamp	18 8:00 am Jazzercise 9:15 am Pump 11:00 am Karate
19 9:00 am Barre	20 9:00 am Barre 9:15 am Jazzercise 4:15 WERQ 5:15 pm Kick 5:15 pm Jazzercise	21 7:30 am Ageless Athletes <b>9:00 am Barre Heat</b> 5:15 pm Barre <b>6:15 Tone, Core &amp; More</b>	22 <b>5:15 am Barre Heat</b> 8:15 am Jazzercise 9:30 am Kick 5:15 am Jazzercise 6:15 pm Strength 6:30 pm Karate	23 5:15 am IKYAC 8:00 am Ageless Athletes 9:00 am Unwind Yoga 5:15 pm Bootcamp	24 8:15 am Jazzercise 9:30 am Bootcamp <b>6:00 pm Barre Heat Pop-Up</b>	25 8:00 am Jazzercise <b>9:00 am Barre Burn Heat</b> 11:00 am Karate
26 9:00 am Yoga 9:00 am Barre	27 7:00 am Step + Squat 8:00 am Yin Yoga Reset 9:00 am Barre 9:15 am Jazzercise 4:15 WERQ 5:15 pm Kick 5:15 pm Jazzercise	28 7:30 am Ageless Athletes <b>9:00 am Barre Heat</b> 5:15 pm Barre <b>6:15 Tone, Core &amp; More</b>	29 <b>5:15 am Barre Heat</b> 8:15 am Jazzercise 9:30 am Kick 5:15 pm Jazzercise <b>5:30 pm Power Yoga/Sculpt</b> 6:15 pm Strength 6:30 pm Karate	30 5:15 am IKYAC 8:00 am Ageless Athletes 9:00 am Unwind Yoga 5:15 pm Bootcamp	31 7:45 am Functional Kettlebells <b>(NEW)</b> 8:15 am Jazzercise 9:00 am Unwind Yoga 9:30 am Bootcamp 10:15 am Step & Balance	1 8:00 am Jazzercise <b>9:00 am Barre Burn Heat</b> 11:00 am Karate
2	3	<p><b>IMPORTANT:</b>                      Jazzercise questions should be directed to Peg Brom: <a href="mailto:elkhornjazzercise@gmail.com">elkhornjazzercise@gmail.com</a>.                      Check out our website for class descriptions and instructor information. <a href="http://functionalfitnesswi.com">functionalfitnesswi.com</a>  <b>Classes shown in red are in the HOT ROOM.</b></p>				