

# myFitness Group Fitness Schedule

January 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15AM - 7:45 AM				<b>Cardio and Mobility</b> ERIKA	
12:10PM - 12:40PM	<b>Get Active</b> ERIKA	<b>Mobility &amp; Stretch</b> ERIKA	<b>Strength</b> CAROL	<b>TRX</b> ERIKA	<b>Get Active</b> ERIKA
4:15 PM - 4:45 PM		<b>Power Spin</b> CAROL	<b>Strength</b> ERIKA		
4:45 PM - 5:30 PM	<b>Pilates</b> ALANA	<b>Yoga</b> MICHELE	<b>Yoga</b> MICHELE	<b>Pilates</b> ALANA	