




















Class Factory's January Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15-10:00AM REP IT UP  Lauren Steffler	9:15-10:00AM YOGA  Tracy Young	9:15-10:00AM KANGOO  Terry Gutscher	9:15-10:00AM PILOXING  Jen Gardecki	9:15-10:00AM BODY PUMP  Geoff Dentinger	9:00AM-9:45AM FULL BODY CIRCUIT  Terry/ Lauren
10:15-11:00AM MOMMY & ME  Lauren Steffler					10:00-10:45M PILOXING  Geoff / Jen
		4:30-5:15PM BOSU BURN  Lauren Steffler		4:30-5:15PM HARDASS & TIGHT CORE  Lauren Steffler	
5:30-6:15PM BODY PUMP  Geoff Dentinger	5:30-6:15PM HEAD-TO-TOE SCULPT  Lauren Steffler	5:30-6:15PM CORE DE FORCE  Geoff Dentinger	5:30-6:15PM ARMED & DANGEROUS  Alex Rowe		
6:25-7:10PM PILOXING  Jen Gardecki	6:25-7:10PM POUND  Geoff Dentinger	6:25-7:10PM BODY PUMP  Jen Gardecki	6:25-7:10PM STRONG BY ZUMBA  Alex Rowe	7:00-8:00PM NIGHT CLUB POUND  Geoff Dentinger	
7:20-8:05PM KANGOO  Jen Gardecki	7:20-8:05PM COUNTRY HEAT  Jen Gardecki		7:25pm-8:10PM YOGA  Tracy Young		
8:30-9:30PM BEGINNER POLE  Kourtney Newell	8:15-9:05PM ARMED & DANGEROUS  Terry Gutscher		8:30-9:30PM POLE FITNESS LEVEL 2  Kourtney Newell		

 = Cardio
  = Strength
  = Flexibility
Icons Indicate Class Layout

CLASSES IN **BLUE** ARE NEW OR CHANGED