

Monday	Class	Room	Instr.
5:15-6:15am	Muscle Madness	AR	Monica
8:30-9:30am	Splash	Pool	Calisse
8:30-9:30am	Barre	AR	Andrea C.
9:30-10:30am	Muscle Madness	AR	Melissa
10:00-11:00am	Splash	Pool	Calisse
10:30-11:30am	Kickboxing & Core	AR	AmeY
11:30-12:30pm	Forever Fit	AR	Calisse
1:00-2:00pm	SilverSneakers Classic	AR	Micki
5:30-6:30pm	Cardio Strength	AR	Andrea C.

Tuesday	Class	Room	Instr.
5:15-6:15am	Cardio Strength	AR	Monica
8:30-9:30am	Splash (no class 1/3)	Pool	Terri
8:30-9:30am	Yoga Sculpt	AR	Jody
9:00-9:45am	Sprint Cycle	CR	Tim
9:30-10:30am	Muscle Madness	AR	Winnie
10:30-11:00am	Simple Stretch	AR	Winnie
12:00-12:45pm	SilverSneakers Cardio	AR	Andrea
5:15-6:15pm	Zumba	AR	Amy
6:15-7:15pm	Yoga Sculpt	AR	Andrea C.

Wednesday	Class	Room	Instr.
8:30-9:30am	Cardio Strength	AR	Andrea C.
8:30-9:30am	Yoga	WW	Dayna
8:30-9:30am	Deep Water Splash	Pool	Karmen
9:30-10:30am	Splash	Pool	Karmen
9:30-10:30am	Zumba	AR	Winnie
11:00-12:00pm	Cardio/Core/Stretch	AR	Karmen
5:15-6:15pm	Muscle Madness **	AR	Terri
6:15-6:45pm	Simple Stretch** (**no class 1/4)	AR	Terri
6:45-7:45pm	Reb3I Groove/Strength	AR	Kyoko



Registration is required for all classes & can be done on our website [trailsrecreationcenter.org](http://trailsrecreationcenter.org)

Thursday	Class	Room	Instr.
5:15-6:15 am	Cycling	CR	Monica
8:30-9:30am	Splash	Pool	Karmen
8:30-9:15am	Muscle Madness	AR	Jody
9:15-10:00am	Step	AR	Jody
10:00-10:45am	PiYo	AR	AmeY
5:00-6:00pm	Cardio Strength	AR	Winnie
6:00-7:00pm	Yoga	AR	Megan

Friday	Class	Room	Instr.
8:30-9:30am	Stretched&Balanced	AR	Jody
<b>*8:30-9:30am</b>	<u>Deep Water Splash</u> (starts 1/13)	<u>Pool</u>	<u>Karmen</u>
9:45-10:45am	Muscle Madness	AR	AmeY
10:45-11:15am	Simple Stretch	AR	AmeY
11:15-12:15pm	Yoga (no class 1/6)	WW	Cathie
1:00-2:00pm	SilverSneakers Circuit	AR	Micki
5:00-5:45pm	Kickboxing	AR	Andrea C
5:45-6:30pm	Yoga Sculpt	AR	Andrea C

Saturday	Class	Room	Instr.
8:00-9:00am	Cardio Strength	AR	Nancy & Melissa
9:00-10:00am	Zumba	AR	Amy
9:00-10:00am	Cycling	CR	DeDee
10:15-11:15am	Yoga	AR	Megan

Sunday	Class	Room	Instr.
10:00-10:45am	Kickboxing	AR	Andrea C
10:45-11:30am	Barre	AR	Andrea C

### \*Class Changes

#### Tips for Getting Back on Track in The New Year!

- \* Start by establishing a good foundation of getting regular uninterrupted sleep each night & staying hydrated every day.
- \* Nobody wants to overeat after the holidays but it can be more difficult than it sounds. Start a clean slate & bring back those healthy pre-holiday routines.
- \* Remember where you left off before the holidays. Re-establish your goals, why you want them, & how you are going to get there. Start gradual & build up from there.
- \* Natural light is the best brain activator & instantly increases your energy levels so let natural light in each morning.
- \* Say goodbye to alcohol for a few weeks or more. This will help you in eating better & getting back to a fitness routine.

Please bring your own mat to classes.